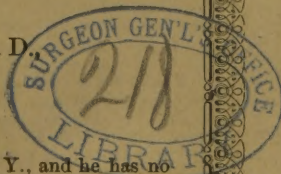


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A
FRIENDLY LETTER
OF
COUNSEL AND ADVICE
TO
CONSUMPTIVES,
AND OTHER
INVALIDS.
ALSO,
PRESCRIPTIONS, WITH SPECIAL DIRECTIONS,
FOR THE CURE OF
CHILLS AND FEVER.

✓
BY S. S. FITCH, A. M., M. D.
OF 714 BROADWAY, N. Y.



DR. S. S. FITCH'S OFFICE is at 714 BROADWAY, N. Y., and he has no other office, either at Buffalo, Chicago, Pittsburg, or elsewhere. Nor is there any other Physician who is authorized to use his name. His treatment and remedies can be had only by applying, personally or by letter, directly to himself, at his office in New York. He will not be responsible for any advice, counsel, or treatment obtained elsewhere, whether accredited by his name or not. Beware of imposition!

RECIPE AND DIRECTIONS FOR CURING FEVER AND AGUE.

THOSE who are so unfortunate as to have the Fever and Ague, are aware that it is difficult to find a safe, certain, and reliable cure for it. It is not indeed so difficult to "break the fits," and arrest the disease temporarily. But this is not to cure it. It is one thing to "break the fits," and another thing, as thousands are aware from a painful experience, to secure the patient against their return—in other words, to actually cure the disease.

Almost universally the remedies put forth as "specifics for Fever and Ague," as well as the treatments employed for it by physicians generally, are designed and adapted only to "break the fits." They do not remove the disease. The malarial poison, which causes the disease, remains in the system, and is exceedingly liable, as we all know, to bring on, sooner or later, a return of the chill and the fever. What the patient wants is a cure, and not a mere temporary respite from the effects of the disease. By following the directions given below, such a cure will be effected.

TO BREAK THE PAROXYSMS, OR "FITS."

Get at the Druggist's—of *Chinoidine*, six drachms, and dissolve it in one ounce of *Neutral Spirits*. To this add one ounce of *Tincture of Gelseminum*. Then take of this preparation one teaspoonful every hour for four hours. One hour before taking the first dose, drink a cup of very strong coffee, hot, with a teaspoonful of brandy in it. Commence taking this medicine eight hours before the ordinary time for the return of the chill. This will break the chill, and you will have none. This is one part of the treatment. But it is not all that is required for a cure. The following is essential:

TO REMOVE THE DISEASE FROM THE SYSTEM.

For two days before commencing the use of the above remedies, procure and take my "ANTI-BILIOUS MIXTURE." You may inquire for it at any respectable Druggist's. Of this Mixture take enough twice a day to *act freely* on the bowels. The dose is from a teaspoonful to two tablespoonfuls, or more. Ordinarily commence with a tablespoonful, unless the bowels should be inclined to be loose—then less is required. If constipated, use more. Secure two full and free evacuations every day, and take as much as is necessary to do so, even if it should be a wineglassful. Then continue the use of the Anti-Bilious Mixture daily during the entire treatment, and for some two weeks after the fits are broken, using it once a day at bed-time, and in sufficient doses to effect one or two free movements daily.

The above are proper doses for an adult person of ordinary strength. For younger persons and children, and those very feeble, the doses must be graduated accordingly. Recollect, that the use of this "Mixture" is absolutely essential to render a perfect cure certain.

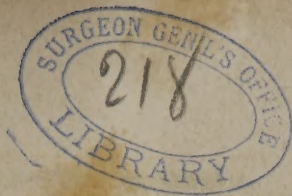
Wash the whole person every morning in spirits and water, and once a week in soap and water.

You may rely upon this treatment as being certain to effect a cure. It will not fail.

Should you experience any difficulty in procuring the Medicines mentioned, or in getting them properly put up, I will prepare and send them to you, if requested to do so, together with the ANTI-BILIOUS MIXTURE. The cost of both, put up in a package, will be \$3, which must be inclosed. Application can be made by mail, and the Medicines sent by express, or they may be applied for personally. In all cases, give Name, Post-office, County, and State.

Address,

S. S. FITCH, M. D., 714 BROADWAY, N. Y.



A LETTER

OF

FRIENDLY COUNSEL AND ADVICE TO INVALIDS.

MY FRIEND :

You are an invalid. You have learned by its loss what a priceless treasure health is ; and you desire to regain it. My object in addressing you this letter is to aid you in doing so.

If your disease is one that has come suddenly upon you, prostrated you at once upon your bed, and seriously threatened your life, it will have excited the *alarm*, and with that the most prompt and earnest attention of your physician and friends in your behalf. They will have done their utmost to save you, and bring you back to health. Indeed, if you have only the toothache, or ague in the face, a pain in the head, an attack of colic, or any other temporary ailment, if it be one which brings with it *acute suffering*, though *alarm* may not be awakened, the *sympathy* of your friends will prompt them to immediate efforts for your relief. In all *acute disorders* you will hardly need to look abroad for sympathy, for counsel, or for effective aid.

But if you are a *chronic* invalid, you can testify from a painful experience that the case is very different. Your disease is slowly withering up your life ; but your friends, it may be, do not know nor believe it. You have many a lonely hour of suffering, uncheered by sympathy and unrelieved by kindly care ; the burden you bear is fully known only to yourself. You cannot be always complaining, though you should be always suffering, lest you weary the patience of those about you. You apply to your physician, but he will not comprehend that you are really *sick*, and turns you off, perhaps, with some simple palliative, and the "hope" that you will soon be better. You turn from him sad and hopeless, feeling that your *case is not understood*.

Or, what is worse, you may be the victim of some insidious malady that is secretly, but surely, undermining your life ; while both you and your friends are all unsuspecting of danger. There is, it may be, a little wasting of the strength and flesh ; perhaps an occasional hacking—you do not call it a *cough* ; you cannot breathe as well as you once could ; on walking rapidly, or running up stairs, you stop and "pant for breath," and the heart beats so that you can *feel it* ; in the afternoon there is a red spot on your cheek which you did not use to have. But the eye is bright, hope buoyant, the spirits light, and you expect to be "better next week." Fatal error ! By-and-by, so surely as time rolls on, unless some kind hand is stretched out to save you, you shall be awakened from your dream of delusion to the startling, horrible reality that you are in the fatal grasp of *consumption*, and then you will be told there is no remedy for your disease.

Then with what agonizing regret will you ask, "Why did not some one rouse me to my danger before it was *too late*? And is there indeed no remedy now?"

But consumption is not the only disease that steals upon us unawares: there are many others. Perhaps your life is not seriously endangered; your disease may be only *annoying*, or, at worst, distressing. There are many such chronic ailments. Some of them, indeed, render life so miserable, that it were almost a kindness if it could be cut short. You may be the subject of one or more of these. If so, I venture to say that you have been often disappointed in hoped-for relief from the remedies you have used—so often, perhaps, that you have lost all confidence in medicine and physicians, of whatever kind or "school," and "given up" in despair, or settled down trusting to "nature" for escape, if you ever escape at all.

It is unfortunately, but very certainly, a fact, that under the ordinary practice pursued by the medical profession, almost all kinds of *chronic diseases*, from consumption down through the whole list, are generally less successfully treated than *acute diseases*.

A MISTAKE TO BE CORRECTED.

Now, if from any of the circumstances I have suggested, you have fallen into the error that you have a disease that is incurable, I desire, as the first step in aiding you, that you will dismiss this error from your mind. I don't believe you have any such disease; for the simple reason that there are very few diseases, of whatever form, for which there are not effectual remedies. In the course of a long practice, embracing now over 70,000 patients, and extending to almost all known chronic maladies, I have found not more than two or three which have proved to be incurable. It is true that remedies may be applied *too late*—after the diseased organs have become so far disorganized, and the vital powers so far prostrated that life cannot be saved. In this manner, however, a simple cut on the finger, or a common cold, may become incurable. Still, let me assure you that the *fatal stage* of our worst chronic diseases—*consumption* and *heart-disease*, for example—are not reached nearly so soon as is usually supposed. They may very often be cured after they are pronounced incurable under the ordinary treatment. Let me ask you, then, to set about the inquiry for assistance, whatever may be your disease, with hopeful assurance that health may be regained.

GROUND OF ENCOURAGEMENT.

I think I cannot more satisfactorily give you ground for encouragement than by explaining to you what the various prevalent diseases are—their causes, nature, effects, and symptoms, (among them you will most likely find your own;) and then describing the method of treatment by which they may be cured.

To understand clearly what *disease* is, we must have some notion of that condition termed *health*, and upon what it depends. Let us see how the life and health of the body is maintained.

The life of the body is maintained by two great classes of functions or operations going on in it, viz., those employed in *nutrition*, or in nourishing the body, and

those employed in excrementation, or expelling from it waste and worn-out matter. These are the two great vital processes of animal life ; all others that are witnessed or experienced are but *results* of these, and essentially dependent upon them. What, then, are these processes ? I will explain.

Our bodies are constantly *wearing out* ; the elements of which they are composed are constantly decaying. Each elementary particle has an independent life of its own ; and this life, in nearly all parts, is exceedingly brief. Each particle lives its brief life, accomplishes its mission, and then dies, and is carried out of the body. As fast as the elements of the body thus die and are removed, there is received from the blood a new supply to take their places. The supply of nutriment is furnished to the blood by the food, water, and air we consume. These processes of *decay* and *reparation* are continually in active operation.

That series of operations by which the above elements, food, water, and air, are introduced into the system and converted into organized living tissue, constitute *nutrition*, or the appropriation of nutriment. That by which the worn-out, decayed, or waste matter, and also what is introduced that is not nutritious, and therefore unfit for use, are taken up and cast out of the body—constitutes *excrementation*, or the disposition of *excrement*.

To accomplish these principal processes, there are in operation, of course, a great number and variety of organs and functions. But they are all designed to work together, to secure these great results ; for example :

IN NUTRITION,

the aliment is, 1. Masticated or chewed, and swallowed ; 2. Dissolved in the stomach ; 3. Passed into the duodenum, or “second stomach,” and then mingled with the bile from the liver, and certain juices from other glands ; 4. While passing on through the intestines, taken up or absorbed by little vessels called lacteals, thousands of which are distributed along the inner surface of the intestines, and by them conveyed into the current of the blood ; 5. Carried to the heart with the blood flowing back from the veins, and thence thrown into the lungs, there to undergo a most wonderful transformation, viz., that of being endowed with *life* or *vitality* through the agency of the air inhaled in breathing ; 6. Passes back to the heart from the lungs, and thence is sent out through the arteries to all parts of the system, to nourish it, warm it, and supply its waste. Such is *nutrition*.

EXCREMENTATION.

As fast as the elements of the living structure, in any of its parts, die and are of no farther use, they are taken up by little absorbents, which may be called the *scavengers* of the system, stationed in every part, which convey them to some one of the great outlets, the bowels, the lungs, the skin, the kidneys, or the liver, to be thence expelled.

In this office of *excrementation*, or expulsion of waste matter, the lungs perform a most important, indeed an *essential* part. It is by their direct agency that it is accomplished. It is through the action of the air received in breathing that the *force* is supplied by which all the functions and movements of the body are carried on ; and it is also by the action of the air on the blood that its impurities are

removed directly through the lungs. Large, sound lungs, and a constant supply of pure air, are therefore absolutely indispensable to the complete removal of the *detritus*, or worn-out matter of the body.

DISEASE AND ITS CAUSES.

From the views above given of what life and health depend upon, we are prepared to understand what disease is, and in what it originates.

Disease, whatever its forms or variety, results from some of the following causes :

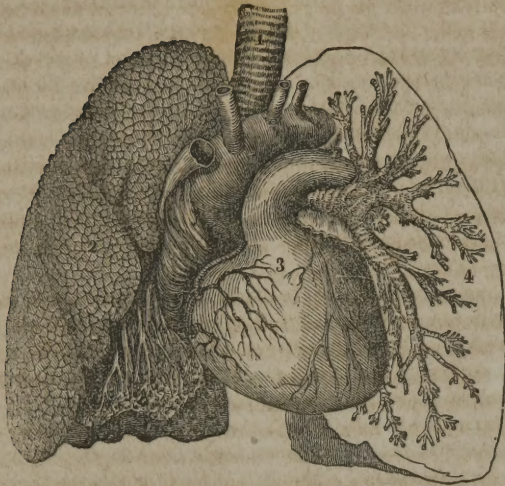
1. From *external violence*, including all injuries from blows, cuts, falls, heat, frost, breaking of bones, too violent exercise, &c.
2. From taking into the system, *poisons* and other hurtful agents ; embracing all poisons, as well as improper food and other injurious substances, put into the stomach ; all poisons received directly into the blood by contact or inoculation, and all inhaled into the lungs in the air. From these sources come our contagious diseases, and fevers, and most acute diseases.
3. From *defective nutrition*—whether imperfection in food, digestion, the vitalizing process in the lungs, or any other circumstance.
4. *Defective excrementition*, or a failure to completely and constantly rid the system of waste matter, whether this waste matter is that which has once formed a part of the living organization, and has worn out, or that which has never been *vitalized* in the process of nutrition.

I should add, that some diseases may be *inherited* ; that is, when the system of the parent has become corrupted or diseased from any of the above causes, he may transmit the disease or corrupt blood to his or her offspring.

The 3d and 4th causes mentioned are the great sources of *chronic disease*. The others may, indeed, lay the foundation of chronic disease, but they do it by interrupting or deranging nutrition and excrementition. Wherever retained waste matter settles, there it causes mischief. It may be in the brain, and then we have disease there—water on the brain, or something else ; in the spine, where it causes spinal disease, distorted spine, &c. ; in the bones of the knee, causing white swelling ; in the hip, causing hip disease ; in other joints, or the muscles, causing rheumatism ; in the glands about the neck or the skin, causing scrofula ; in the lungs, causing consumption, &c., &c. I might go on enumerating a long list of maladies springing from this corrupt source.

We may, as a general rule, have health if we please.

Is not this clearly true ? It is only necessary that we conform to certain laws which govern the great processes of life I have described. If we take proper food and drink, and only such, at proper hours, in proper quantities ; if we take proper exercise and proper rest ; if we keep the skin clean, and pure, and lively, the bowels free, and, most important of all, the lungs full and the chest large, while we always breathe a pure air, we cannot well be sick. Nature will always do her work well, if we do ours. We may, indeed, be injured by violence, and we may receive malarial and other poisons from the air. But, usually, if we have that robustness of health which obedience to the laws of health will give us, we can successfully resist and overcome these violences and poisons. [For a further explanation of this subject, see my "Six Lectures."]



1, Windpipe. 2, Right Lung, or Great Air-Bag. 3, Heart. 4, Left Lung half cut away, showing the air-pipes and air-cells. 5, Midriff, or floor of the Lungs.

With the general view we now have of the operations upon which health and disease depend, we are prepared to consider specially several of the prevalent chronic disorders. Most probably yours will be found among them.

DISEASES OF THE LUNGS.

CONSUMPTION—WHAT IS IT?

Consumption is almost always two diseases—one *tuberculosis*, or the presence of tubercles lodged in the substance or body of the lungs; and the other *bronchitis*, or an ulceration, inflammation, or irritation of the membrane lining the lungs. These are two totally distinct diseases.

Tubercle, when found in the lungs, is a whitish substance, having about the consistency and appearance of hard cheese, when it is first deposited. It is simply nothing more nor less than a portion of the waste or worn-out matter that has accumulated in the system, and been deposited in the lungs instead of being cast out through the channels of excretion as it should have been. The system not being thoroughly cleansed of this waste matter, the blood becomes loaded and corrupted with it; and as the blood is *filtered*, as it were, through the lungs, this matter is deposited in them. We shall understand this better by looking at the construction and office of the lungs.

In the above figure you have a representation of them. There are two—the right and left; the right the largest, and divided into three, and the left into two *lobes*, as they are called. The heart lies between them. They are composed almost entirely of air-cells and tubes, much like a large number of clusters of

grapes united to one branch. Into and through these the air freely passes, filling and inflating them. The walls of these little cells are composed of a thin, delicate membrane, over which is spread a thick mesh or net-work of fine blood-vessels. The blood is thrown into the lungs from the heart, through vessels that branch off and sub-divide until they come down to this net-work on the walls of the air-cells; and while passing through these minute channels the vital element of the air, with which the lungs are filled by breathing, passes directly through the walls of the cells into it, at the same time that carbonic acid gas which has been formed in the blood passes out from the blood into the air-cells, and is expelled with the returning breath. This is the process by which the blood is aerated or *vitalized*.

When tuberculous matter exists in the blood, as I have before described, it is arrested in the lungs while the blood is passing through them, and remains deposited at various points, in small granules, usually about the size of a pin's head, and from that to the size of a small pea. At first these resemble in consistency and appearance small pellets of hard cheese. While they remain in this state they seem to do but little harm, except to reduce the capacity of the lungs for air, thus causing some shortness of breath, want of flexibility in the lungs, and loss of strength and flesh. Usually, however, they soon soften and dissolve, and in doing so inflame, ulcerate, and destroy the tissues of the lungs themselves. In the progress of the disease, whole clusters or masses of these tubercles thus dissolve, at the same time that successive clusters are being deposited, which in their turn soften, dissolve, and involve the substance of the lungs, the air-cells and blood-vessels in their vicinity—the pus or corrupt matter resulting from this process passing into the air-tubes, and being coughed up and expectorated. This destruction goes on until there is not enough of sound lung left to sustain life, and the patient dies. Such is *tubercular consumption*. [See my Six Lectures.]

What I have described is pure *tubercular consumption*. But there is, as I have said, almost always another disease connected with it—the same that is popularly called *bronchitis*, when confined to the throat and the two divisions of the wind-pipe leading to the lungs.

This bronchitis in the lungs may result from a cold that settles and becomes chronic in them, or from inflammation of the lungs, or a humor or skin disease in the membrane lining them; or catarrh commencing in the head may make its way down the throat and fasten on the lungs; or the very presence of tubercles may set up an irritation and, ultimately, inflammation in this membrane; or irritating substances may be inhaled in the air for a length of time and cause it. But whatever its cause may be, it is an active, aggressive disease, requiring totally different remedies from tubercular consumption. One of the reasons why physicians so generally fail to treat consumption successfully is, because attention is not paid to the fact that these two diseases are usually present in all cases; and that remedies which will tend to cure the one may aggravate the other. Still, both may be treated at the same time, and the different remedies required for each made to harmonize.

CAUSES OF CONSUMPTION.

Recollect that tubercles come from the waste matter that is not, as it should be, cast out of the system by the emunctories. Now, it is clear that whatever tends to weaken the power of the lungs, to vitalize the blood, or to lessen the activity of the organs for carrying off the waste matter, tends to consumption.

A DISPOSITION TO CONSUMPTION MAY BE INHERITED.

Everybody knows that the children of consumptive parents are more likely to have consumption than the children of healthy parents. They inherit some peculiarity of constitution—some corruption of the blood—some defective conformation of the structure of the lungs, or other vital organs, or a natural feebleness of the vital forces, from which there is a tendency to the manufacture in the system of tuberculous matter; that is, there is a greater liability than in strong and robust constitutions that the aliment will fail to be completely vitalized, and that the emunctories will fail to completely carry off the waste matter.

A NATURAL PREDISPOSITION TO CONSUMPTION MAY BE COUNTERACTED.

Consumptive parents do not transmit a *disease* to their offspring, but only a *tendency* or *predisposition* to disease. By proper measures this predisposition may be overcome, and sound, robust health established and preserved. [*See my Six Lectures.*]

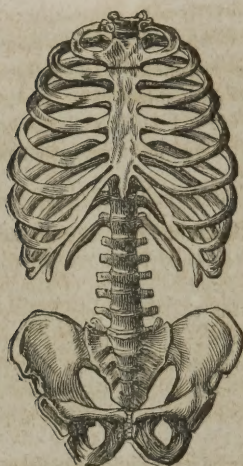
SMALL LUNGS.

One of the most direct means of bringing on consumption is permitting the lungs to become small, so that little air is used. The habit of stooping, permitting the shoulders to fall forward on to the chest; of breathing with short breaths; of sitting much in confined postures; of bending forward and cramping the chest over a low desk, table, or counter, or in sewing, if practised much, will almost certainly lead to consumption, in those at all disposed to it.

The lungs are placed in a framework of bones and muscles, so made that it may be compressed or enlarged at pleasure. (See the figure on page 10.) The lungs occupy the cavity of the chest. The ribs, tied behind and before by elastic cartilages, may be easily forced inward, so as to compress the lungs, or outwards, so as to inflate and enlarge them. The bones of the shoulders may be held back in their natural position, leaving the ribs free to rise and fall in breathing; or they may be thrown forward, and their weight made to rest on the chest, flattening and compressing it. We may have an erect, handsome figure, with a full, broad, round chest, and large, powerful lungs, if we please; and if we do, we cannot well have consumption. So long as the lungs are fully inflated, and every cell and tube filled at each breath with pure air, the whole blood, with all the aliment we take, will be always completely vitalized, the system will be vigorous and the *waste* completely removed, and no tuberculous matter formed.

THE GREAT OFFICE OF THE LUNGS

is to supply force or vitality to the system; and our force or strength is *always* in proportion to the size and perfection of our lungs. With small lungs, there-



1, Breast-bone. 2-2, Basket of the Chest. 3-3, Basket of the Hips.
4, the Spine in the Loins or small of the Back.

fore, we cannot have robust health and strength. If predisposed to consumption, we shall become its victims. If we escape this scourge, we shall still be feeble, weakly, and the subject of disease in some form.

Any agency or influence whatever that depresses the vital energies of the system for a length of time may cause consumption. Living in confined, or damp, or dark rooms; breathing a vitiated air; exhausting exposures and fatigue; habits of indolence, and taking too little exercise; unhealthy employments; living too much indoors, and leading a sedentary life; protracted fits of sickness, and almost all chronic disease; the drying up of old sores and issues, and the driving in of external skin diseases; improper treatment of catarrh and bronchitis, by which these affections are driven down upon the lungs; all excesses and irregularities of living; neglecting to bathe and rub the surface of the body, so as to keep the skin in a healthy condition; permitting the bowels to remain constipated; all female weaknesses, irregularities, and disorders; any great and protracted grief or care, or any other mental disquietude. In fact, any thing that disturbs or throws into confusion the principal processes of life, as I have described them, may lead to consumption; and if you, my friend, are a consumptive invalid, you can look back and trace your present condition to some of these causes.

A NEGLECTED COLD.

But of all causes, none is more common, or more fatal, than a neglected cold. A cold directly attacks both the great processes of life. What is a *cold*? It is the closing of the pores of the skin, the principal outlet of the waste of the system. Not finding escape by the skin, this matter rushes to the lungs, and seeks an escape there. This inflames the lining membrane of the lungs, thickens and poisons it; and this disqualifies it in some degree for its office of arterializing the blood. A *cold*, then, interferes with the vitalizing of the aliment taken for

nourishment, thus tending directly to the formation of tuberculous matter, while at the same time it locks up this matter in the system.

This is why a cold is so *terribly fatal* to the person inclined to consumption, and so *dangerous* to all. A cold settled on the lungs, and remaining there, is almost sure to produce consumption, sooner or later, even in the most robust and healthy. Never—*never*—NEVER neglect a cold! Do not rest until you have wiped out every trace of it.

CAN CONSUMPTION BE CURED?

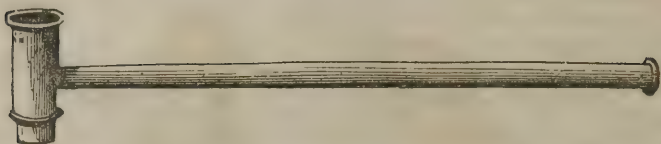
The general impression is, that it cannot be, after it is once fairly “seated,” as it is expressed; that is, after tubercles have been deposited in the lungs, and especially after the tubercles have begun to dissolve, and ulceration has taken place. This has long been the established doctrine among physicians, as well as the people. *But it is not true*; and I am anxious to convince you that it is not, for you cannot be disposed to make any very earnest effort to obtain help, if you believe help is impossible.

I have described, in a plain, simple manner, the nature and causes of consumption, in order that you may yourself see that it can be cured. And now, do you discover any *impossibility* in the way? It is clear that, if at any time—while there is enough of the lungs left to support life, or, in other words, supply the system with its requisite vital force—the formation of tuberculous matter can be stopped, or its deposit in the lungs arrested; and then, if the tubercles already deposited can be either removed or prevented from softening, and the sores made healed, the work is done. But why may not this process of tuberculation be arrested? It certainly may be; for it is only necessary that the patient be enabled to consume air enough to vitalize the blood thoroughly, and that all the organs employed in carrying off the waste matter be stimulated to do perfectly their duty. When this is done, no tuberculous matter can be formed. Then, as soon as tubercles stop forming, the *true disease* is, in fact, cured. It only remains to remove the tubercles already deposited, and to repair the damage that the lungs have suffered.

The tubercles may be removed in one of two ways, viz.:

I. TUBERCLES MAY BE ABSORBED.

I know that there are those who assert that tubercles never are and cannot be removed by absorption. But that they are in error, may be inferred from the well-known fact that we often see tuberculous deposits (as, for example, scrofulous lumps in the neck) absorbed away by the use of appropriate remedies. The same process may take place in the lungs. It will not be denied that the absorbents are capable of carrying off every part of the system, and do remove even the bones themselves. If they can remove bones, they certainly can remove tuberculous matter. These absorbents are found in all parts of the body—in the lungs as well as elsewhere; and there is not a doubt that they are capable of removing tubercles from them. I am confident that I have seen many cases where absorption of tubercles in the lungs has actually taken place under my treatment.



2. TUBERCLES MAY BE DISSOLVED, AND DISCHARGED BY EXPECTORATION.

The substance of the lungs will, it is true, be likely to suffer to a greater or less extent by this process: but it is by no means certain that life will be destroyed by it. The extent of the injury will depend upon the extent of the tuberculous deposit that is thus to be discharged. Each tubercle, as it softens, may cause some ulceration of the tissue of the lung lying immediately in contact with it: but this ulceration may be confined to the immediate region of the tubercle; and as soon as the tubercle dissolves and is expelled, nature may set up a healing process, and the wounded lung be restored to soundness. Scars, and even cavities, may be left; some of the air-cells and tubes may be obliterated; but the wounds made, the ulcers and the cavities may heal; for nature can heal a wounded lung as well as a wounded finger, and in thousands of instances does so, as we all know. All portions not invaded by tubercles will, of course, remain sound; and will even increase in size and capacity so as to compensate for the loss of that destroyed. Fair health and strength may thus be recovered.

Thus we see, that when the formation of tuberculous matter, and the continued deposit of it in the lungs, are arrested, as I have shown they may be, there is a *natural tendency to health*. But appropriate treatment and remedies may do very much to promote this tendency, and aid in a cure. Indeed, usually, they are all but indispensable for this purpose, as they are in arresting tuberculation; for the lungs may have become so much injured—there may be so much tuberculous matter to be removed—the vital energies of the system may have become so much prostrated, and so many other disorders may have set in, that nature cannot, unaided, overcome the terrible combination of her enemies.

Then as to Bronchitis, the disease in the lining membrane of the lungs, which I have described, all admit that it is curable. It is often obstinate, and requires skillful treatment; but when the right remedies are used, it will yield.

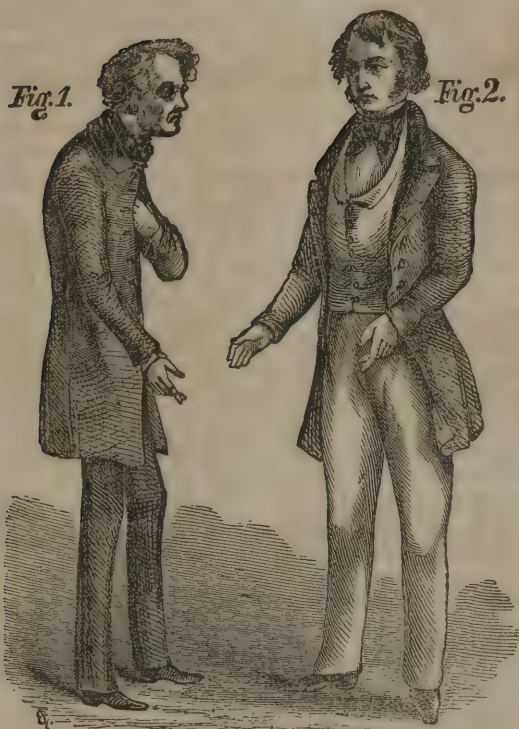
You see then, that, from the “nature of the case,” consumption is not incurable. Now, you will find in the letters I append, positive proof that it *actually is cured* by the treatment I employ. [*See Appendix.*]

HOW CONSUMPTION MAY BE CURED—THE AUTHOR'S TREATMENT.

MECHANICAL REMEDIES.

The first step is to enlarge the lungs and improve the breathing. This I aid the patient by mechanical means to accomplish. The shoulders must be held back from the chest, and the chest thrown out, so as to give room for the lungs to be inflated. This is done by well-adjusted *Shoulder-Braces*.

Then I have the patient use an *Inhaling Tube*. This is a convenient little silver instrument [see the above figure], so constructed that the air is inhaled or *breathed*



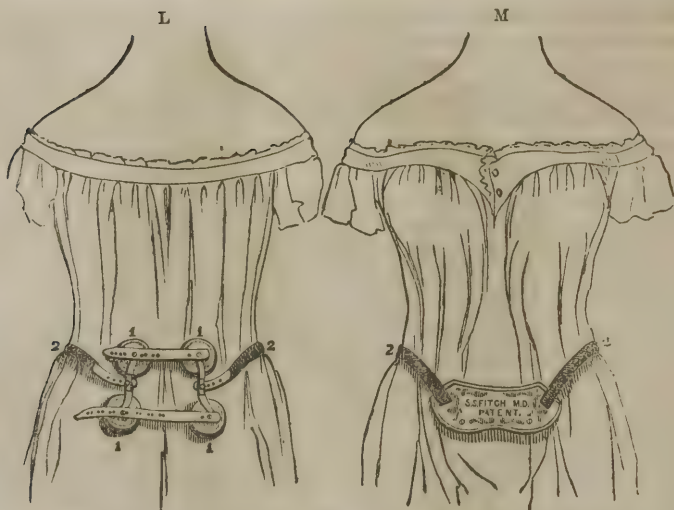
1, Consumptive Chest and Figure.

2, Not Consumptive.

in freely and with ease, but exhaled or breathed out with more difficulty. The air is drawn in through this until the lungs are inflated to their utmost capacity, and then blown out again with a good deal of force. By this means the air is pressed into all the cells and tubes, unfolding those that have been compressed together, opening those that have collapsed, distending and rendering those membranes thin that have become thickened, and freeing the lungs from any accumulations of mucus or phlegm that may be in them.

I have known the deposit of tubercles arrested by the use of this tube and the shoulder-braces alone. Often by their use the narrow, sunken-chested, round-shouldered, weakly person has secured a fine figure, a full chest, large lungs, and full strength.

I find the use of these instruments well-nigh indispensable. You will at once recognize "Fig. 1" in the above plate as that of a consumptive—not so much by the emaciation and woe-begone expression of the face, as by the round shoulders and sunken chest. You know at a glance that the *lungs* are the seat of his disorder. But you could not be made to believe that "Fig. 2" has consumption.

*Back View of the Supporter.*

1, 1, 1, 1, the back pads of the Supporter.
2, 2, Ends of the Springs that come from the waist.

Front View of the Supporter.

2, 2, Springs that go from the front pad, up around the waist.

With that broad, full chest, and straight, erect person, he cannot have diseased lungs. Do you not believe that much would be done for this poor consumptive, if he were to be straightened up and his chest and lungs well inflated.

TO IMPROVE THE BREATHING.

This is a most important object. All consumptives breathe with more or less difficulty. One reason is, that the muscles which support the abdomen are weak and relaxed: the entire system is feeble, and these suffer with all the other muscles. They are directly employed in breathing. The lungs rest on a broad muscle called the *diaphragm*, or *midriff*, which lies over the contents of the abdomen like an inverted bowl—the edges attached to the walls of the body. When we inhale our breath, this muscle contracts throughout, and is thus drawn downward more nearly to a plane, thus enlarging the cavity of the chest; and the air rushes in through the throat, to press out the lungs to fill the enlarged space. But the diaphragm has no power to press upward: it merely relaxes, and then the abdominal muscles contract, and dash the contents of the abdomen upward against it, which presses the air out of the lungs. Thus, in breathing, the diaphragm and the abdomen together act precisely like the floor of a bellows—the former pushing it down, and the latter carrying it up. Now, if the muscles of the latter are weakened, and do not contract as they should, the lungs may be filled, but they cannot be emptied perfectly: the breathing is labored, too little air is consumed, much of it remaining continually in the lungs, and is not exchanged for pure air; and thus the same mischief is in fact done as would be by compressing the chest.

This difficulty I remedy by an *Abdominal Supporter*, (as seen in plates M and L.) It is so constructed and adjusted with soft pads and steel springs, as to completely counteract the relaxing of the abdominal muscles, to support the abdomen and the back, and immensely benefit the breathing. It is light, elastic, fits like a glove, and can be worn without the slightest discomfort. This supporter confers great benefits in many other diseases, which I shall refer to hereafter. (See my Lectures.)

We have now provided as fully as possible for securing the constant consumption of a large supply of air—vitally important, as has been seen, in avoiding, and equally important in arresting, the formation of tubercle, as well as in giving the whole system vitality and power.

MEDICINAL REMEDIES.

But something more is needed—we must employ *true curative medicines*; and such medicines there are for this disease. I could not give you even the names of the medicines I use, with the formulas and prescriptions for preparing them, without writing “a book” for the purpose; and if I could, it might not be well to do so, as you would be likely to misjudge in their application, and misunderstand your symptoms. I will, however, tell you what I aim to accomplish by them:

1st. To rally and support the vitality of the system.

2d. To soothe, and quiet and strengthen the nervous system, which is usually more or less suffering.

3d. To purify and enrich the blood, to neutralize in it all humors and poisons, and to make it truly the “pabulum of life,” in nourishing and supporting the whole body.

4th. To promote the absorption or expulsion of tubercles in the lungs, and the healing of any ulcers or cavities that may exist; to control the cough; to clear the lungs of mucus and phlegm; to prevent all tendency to bleeding; and to remove any burning, heat, or pain that may be felt about the chest.

5th. To subdue all irritation and inflammation of the membrane lining the lungs, whether from bronchitis, catarrh, humor, or any other cause. For this I employ both constitutional remedies and local medication, the latter by means of *Medicinal Inhalations*, in suitable cases.

6th. To subdue all accompanying disorders. Consumption is very seldom found alone. Some other organs besides the lungs suffer. There is often indigestion, or palpitation of the heart, or disorder of the biliary organs or bowels, nervousness, headache, pain more or less somewhere, fever, night-sweats. In females, some female disturbance, &c., &c. These all receive attention, and remedies are adopted to remove them. (See my “Six Lectures.”)

BATHING.

It is of the greatest importance that the skin should have careful attention. I therefore recommend bathing, by washing the whole person daily in water as cold as can be borne without causing chilliness or inconvenience. Some cannot bathe in cold water: these should use tepid water, and occasionally spirits, or spirits and water. Salt and water is better than fresh water. I find the most delicate can bathe in pretty cold water, if they will first rub the whole

person with a coarse towel, or hair mitten or brush, until the skin is red and in a glow, then wash rapidly off, and wipe dry; and then rub again smartly with the rough towel until warm. Occasionally rub the person all over with the hand. Once a week wash all over in soap-suds; and, if feverish, occasionally in pearlash and water. The chest especially should be well bathed and rubbed daily.

DIET FOR CONSUMPTIVES.

In the first stages of consumption, the diet should for a short time be very light. As soon as the fever and congestion are reduced, the patient should take a better diet as he can bear it; and should drink, constantly and freely, sago gruel, slippery-elm or flaxseed tea, mucilage of gum-arabic, Iceland or Irish moss tea: they will materially aid the effect of medicines. If, however, at first the patient is weak or debilitated, or the lungs ulcerated more or less, then he may eat as much as he can bear without fever, great shortness of breath, or oppression in the stomach; he may live generously on perfect food, well cooked and always light; meats cooked with all their juices, so as to be perfectly tender and easily picked to pieces with the fingers. Avoid all old, tough, or half-cooked meat, that lies heavily or long on the stomach; all windy and half-cooked vegetables; all sour fruits, and, as a general principle, all fruits that cause wind. Fruits had better be cooked; avoid all nuts, walnuts, peanuts, &c.; all pickles, preserves, fresh bread, &c.; all acids, vinegar, &c. Baked pastry is usually bad, if you eat much. Never over-load the stomach. Do not allow yourself to get very hungry or exhausted for want of food. You may eat as much salt as you please with your food. Stale bread, toast, plain pastry, light griddle-cakes, well-cooked potatoes, well-cooked tender chicken, turkey, beef, mutton, veal, fresh fish, oysters, soft part of clams and their liquor, game, grits of wheat, rice, and hominy are good food. Milk may be often allowed, especially to those accustomed to it. In case you know what does agree with you, use it; do not lose your own experience; you may use almost any thing that agrees with you: always go to the table with the family, if possible and agreeable. Any food that you know disagrees with you, avoid. (See remarks in my "Lectures" on Diet.)

DRINKS FOR CONSUMPTIVES.

The consumptive may drink what he knows agrees with him. Pure water, black tea, a little good French brandy and water, port wine, and London porter, if no fever is produced, are often excellent. Iceland or Irish moss, put in a dish and covered with cold water, after two or three hours makes a good drink, if thirsty. Avoid coffee. After ulceration of the lungs is fully established, the patient should eat and drink as much as he can bear. Exercise your best judgment, and be guided very much by your own experience. It is better to live too high than too low. (See remarks in my "Lectures" on Diet.)

EXERCISE.

The practice of confining consumptives in the house, especially in a close room, is horribly cruel. *It should never be done.* Go out daily, if possible, and never be shut up; enjoy all of God's pure air and sunshine that you can. Do not fear the air—it is your life. Have some agreeable occupation out of doors,

if you can ; if you cannot, then go out for pleasure. Horseback riding, if it does not fatigue too much, is excellent ; if you can't ride in this way, walk, or go in a carriage. At all events, exercise in the open air in some way daily, except when the weather is very bad. At all times wear clothing enough so that you will not take cold. Seek cheerful society ; avoid gloomy people ; live in all respects as pleasantly and happily as possible. (See my "Six Lectures," and "Health, its Aids and Hindrances.")

CLIMATE.

I recommend the consumptive to seek, if possible, a temperate, equable, dry climate. A very warm one is not best. Such a one as the damp, changeable, bleak climate of the sea-coast of New England is bad. That of many parts of Pennsylvania and New York is as good as can be found. The sea-coast is a bad climate for advanced consumptives ; so are sea voyages ; they do very well for those simply inclined to consumption, where the disease is not seated. In a word, that climate is best where the weather is mildly cool, steady, and uniform, and the atmosphere dry.

NO HURTFUL OR PAINFUL REMEDY USED.

I always prepare my own medicines, and never use any that reduce the strength—that cause sickness—that occasion pain, or interfere for an hour with the patient's business or pleasure. I very rarely, in any case, employ *minerals*, believing them hurtful, by accumulating in the system ; besides, I find that all their beneficial effects for chronic disease may be secured from the vegetable world. I never reduce the patient with blisters or setons, or harsh painful remedies of any kind, but aim to soothe all pain, and build him up by mild, gentle means. In every way his health is brought in all respects up to as high a point of perfection as possible.

Such is a general outline of the treatment employed by me, and which I have found successful in curing this terrible disease. But it will be of little avail to you that there is thus made known to you a plan of treatment, and a system of remedies, whereby consumption can be cured, if, while having the disease, you are deceived as to your true condition until it is too late for any human power or skill to save you. It is important, therefore, that you know what the early symptoms of consumption are. I will briefly describe them.

EARLY SYMPTOMS OF CONSUMPTION

Most commonly, the first symptom of consumption is *a decline in flesh and a sinking of the strength*. These, however, fail so gradually that the change is hardly noticed for some time. The appetite remains good, perhaps, and as much food as usual is taken, but it does not seem to nourish the body.

Soon there is experienced at times a little *shortness of breath*, not felt, it may be, except when attempting some increased exercise, such as going up hill or up stairs, walking fast or running, lifting a heavy weight, or something of the kind. Then, when more breath is needed, it is found that it is difficult to fill the lungs

or take a *satisfying* breath. The chest seems less flexible than natural ; it does not rise well—seems growing flat and contracted ; and the lungs do not fill well.

In a little time there commences a *slight cough*—at first a mere *hack* ; it is not recognized or acknowledged to be a *cough* ; it is expected daily to disappear. It does not do so, but still hardly seems to increase for some time. By and by, however, there may be a sudden aggravation of it, which is usually attributed to a cold, or something else. It may partially recede again, but not wholly, and soon it becomes completely established.

Pain in the side is a frequent symptom, oftener in the left side than the right. Sometimes it extends through to the back, and is felt under the shoulder-blades.

In many cases there is *slight bleeding from the lungs*, perhaps at long intervals, and perhaps more frequently ; sometimes to the extent of a tablespoonful and more, and sometimes only a little, staining the phlegm coughed up. This *spitting of blood* is always alarming. If you have ever bled at the lungs at all, be sure there is danger. In some cases, the first intimation that the lungs are out of order will be a copious gush of blood from the lungs : this should not usually cause so much alarm as merely *spitting blood*, as it does not so certainly indicate tuberculation ; but consumption is likely to follow such bleeding, unless means are used to prevent it.

When any of these symptoms appear, do not delay an hour applying for assistance.

I need not describe the later symptoms. The deep, hollow cough—the hectic fever—the night-sweats—the pale, wasted form—the sunken chest—the distress for breath, can be mistaken by no one.

These are the ordinary symptoms usually attending the commencement of *tubercular consumption* ; but there are, of course, a thousand circumstances that may vary them. Consumption, as we have seen, may be induced by any one of a great variety of other diseases, and the usual symptoms of the disease which ushers it in will precede those characteristic of consumption, and often modify them throughout the whole course of the sickness. Dyspepsia, for example, may cause consumption, when for a length of time there will be all the peculiar suffering produced by this complaint ; then a hacking cough will set in ; there will be difficulty of breathing, pain about the chest, perhaps spitting of blood, emaciation, loss of strength, cough more or less severe, expectoration, &c. ; with, at the same time, continued indigestion, constantly aggravating all the other symptoms. The same is true of all other disorders that cause consumption.

(For a more complete explanation of the causes and symptoms of consumption, see my “Six Lectures.”)

WHY IS CONSUMPTION SO GENERALLY FATAL?

Is it because the disease is itself incurable? No, it is not ; I *know* it to be curable. It may, it is true, pass into an incurable stage ; and so may any other disease. One great reason is, because the *early indications of consumption are not noticed, and do not give alarm*. Just here is the terrible danger of this disease. It steals upon its victim, and actually destroys his lungs before he knows that he is attacked. I wish I could make this truth *felt*, not merely *remembered*.

The lungs have little sensibility ; we cannot feel much pain in them. Disease

almost anywhere else gives pain. Here it does not, except incidentally. When pain in the chest is experienced in consumption, it is in the membranes investing the lungs, and in the walls of the chest, not in the lungs. A person may have tubercles, ulceration, even large cavities in the lungs, and not know it by any pain in the lungs. If disease in the lungs gave us as much suffering as it does almost anywhere else, it would be oftener cured, because it would be attended to in time. I have explained to you what the early indications of consumption are, that you may not be deceived into a fatal delay; and let me beg that if you detect any of them in yourself, you will not postpone an hour seeking effectual help.

Indeed, the unfortunate consumptive, in nearly all cases, seems forced to die by circumstances that appear to be planned expressly for his destruction. His friends flatter him, his disease flatters him, and, worse than all, his PHYSICIAN too often flatters him. The clearly defined symptoms of consumption come upon him one after the other, but he is told there is no danger—that he has a “cold,” or a little “bronchitis,” or only “debility,” or something else equally harmless. Perhaps he has his palate cut off, his tonsils cut out, and his throat burned with caustic. No efficient medicines are given him. He still grows weaker, his cough is increasing, his flesh is wasting away; it may be he has bled two or three times, and he begins to suspect that *perhaps* his lungs are “somewhat affected.” He asks his physician to tell him candidly if it is not so. To settle the matter, another doctor is called in consultation. They examine his chest; and now, when the poor patient has not a month to live, they gravely announce to him or his friends that they think there *may be* a “slight deposit of tubercle in one lung,” and he had better “take cod-liver oil, and go South, or take a sea voyage.” He is thus cheated and flattered until the last sands of life are running out. Then comes the terrible truth—that he has indeed the consumption, and must die! Yes, must die, because he has been deluded into a fatal security until the lungs are actually destroyed, and the *last* stage of the disease is reached. I wish I could make you realize your danger from these fatal snares into which you are so liable to fall. Will you not endeavor to escape from them by reading attentively what I have now said, and carefully comparing your condition with the symptoms described? Then, if you detect any of these symptoms in yourself, do not put off for an hour seeking the means to arrest and cure your disease.

A COMMON ERROR.

Permit me to caution you against another very common error. It is, the practice adopted by many invalids of asking the advice of their family physician as to the propriety of adopting some other treatment besides his. A moment's reflection must convince you that this is really absurd. Do you suppose that your physician is going to confess that *his* treatment has been a *blunder*, and recommend you to adopt one radically different? He will tell you that seated consumption cannot be cured by *any* treatment. This is a cardinal doctrine with thousands. Will any of these physicians be likely to advise you to put yourself in the hands of one who totally denies this doctrine, and claims that *he* can cure it? Will not such a one be more likely to cry “Humbug!” and scout the new treatment with contempt? Let me assure you, that instead of expecting any countenance, you must be prepared to encounter the most desperate oppo-

sition from all physicians who treat consumption and other chronic diseases on the old plan, if you do so much as list your desire to make trial of any remedies or treatment not taught in some "orthodox book of practice." So, also, expect the opposition of three-fourths of your friends: they have made up their minds either that you must die, or else that you are in no danger. In either case, it is folly, they very honestly believe, to look beyond your *family physician* for help.

Examine the matter for yourself. Ascertain what have been the results of your physician's treatment in others affected as you are. See whether he has cured them. Learn what his practice is—whether he profess to be able to cure the disease you have, &c.; then candidly investigate the treatment here commended to your notice; examine the *facts* presented, and the testimony of those who have employed the treatment; and decide for *yourself* the important question as to whether or not you had best make trial of it, in preference to continuing that which you know never to have cured anybody. When your mind is made up, then *act* at once, without regard to the advice of those about you, unless those who offer the advice can point you to a "better way." Do not be turned about by the interests or the whims of either opposing physicians or prejudiced friends. *Your* life, not *theirs*, is at stake. (For a more complete exposition of consumption, see my "Six Lectures," and "Health, its Aids and Hindrances.")

ASTHMA.

This disease, which frequently occasions the most terrible suffering, and which is often fatal, is usually caused by a humor in the lungs. In some persons it appears as a seated affection, producing a constant difficulty in breathing, and a wheezing as though the air-passages were partially closed, as in fact they are. There is a humor spread on the internal surface of the lungs, which thickens the lining membrane, and thus partly fills up the tubes and cells. In other persons it appears occasionally, or periodically, from some exciting cause, coming on with great violence, lasting from two to three hours to as many days, and causing at times the most awful distress. The struggles for breath are frightful. This is called spasmodic asthma. In these cases a spasmodic contraction of the air-passages takes place. Asthma is *curable*—entirely so. I adopt the same general treatment for this disease as for consumption, with such modification of special remedies as the peculiar circumstances require. There must be both a general and local treatment, and all the ailments that accompany it must receive attention. (See my "Six Lectures.")

BRONCHITIS.

This a most common disorder, and is often the forerunner of consumption. It is common among clergymen, lawyers, teachers, lecturers, etc.; those who use the voice very much, especially before large assemblies and in heated rooms; also, sedentary and dyspeptic persons, and those of a costive habit, are liable to it. Its symptoms are soreness of the throat, hoarseness, loss of voice, a sense of tightness across the chest, cough (in some slight, in others most distressing), weakness of the voice, great fatigue when talking, etc. In many cases there are swelling of the tonsils and enlargement of the palate. In a large proportion of cases of these throat diseases, if of long standing, the lungs are also affected—

almost always so, if the patient is highly predisposed to consumption. *But it may be cured in nearly all cases*, even after there is ulceration. Like consumption and asthma, it is both a constitutional and local disorder, and must be treated with both general and local remedies. In most cases it is a true humor fastened upon the throat; and merely suppressing the *eruption* there, does not cure it. Burning the throat with caustic, therefore, should never be resorted to, unless the most active measures are taken to fortify the lungs and renovate the system; otherwise the disease is almost certain to be driven upon the lungs. I have seldom found it necessary to use caustics at all. The disease yields, in most cases, without. The same general rules as to diet, drinks, and habits of living that apply to consumption, apply in this disease. (See remarks in my "Lectures.")

CATARRH IN THE HEAD.

This is a most disagreeable, annoying, sometimes painful disorder. It is an inflammation of the membrane lining the nose, extending sometimes into the front part of the head, down the back nasal passage to the throat, to the cheeks and eyes. It causes offensive discharges from the nostrils, partially or wholly closing them; headache, a dull, heavy pain over the eyes, confusion of mind, heat and pain about the nose, eyes, and cheeks; at times, frequent "hawking," to clear the nose and throat; impaired sense of smell, and sometimes taste and hearing. It should not be neglected, as it often extends to the lungs, producing catarrhal consumption. It is not simply a local affection, but a constitutional one, and cannot, therefore, be cured by simply a local remedy. My plan is to give remedies to purify the blood of the humor which causes the catarrh, to rally the whole system, and then, by suitable applications to the membrane immediately affected, by inhaling medicated vapor among other means, to subdue the chronic inflammation. In this way, I usually find catarrh in the head perfectly curable. It is, however, often an obstinate disease; and if you are the subject of it, you have, I presume, tried many remedies without receiving any permanent benefit. Let me assure you that you will continue to meet with disappointments so long as you use only local remedies. It is not simply a local disease. It is both local and constitutional, and requires both local and constitutional treatment.

DISEASE OF THE HEART.

There is, perhaps, no disease, acute or chronic, which occasions to the invalid more alarm and apprehension than that of the heart. Thousands, from this cause, live in hourly fear of death, and in this awful apprehension they suffer a thousand deaths.

Heart disease may be cured. There are very few cases, indeed, that will not yield to a proper medical treatment. I say so, because the fact has been demonstrated before my own eyes, and in my own practice, in repeated instances.

SYMPTOMS OF HEART DISEASE.

The most common form in which disturbance or disease of the heart is shown, is simple palpitation. It is at first, perhaps, felt only occasionally. These spells may increase in duration. As it progresses, it is accompanied by a little shortness of breath, perhaps an occasional sharp pain in the left side, running up to

the shoulder and down the arm. In its progress there may be, at times, a distressing sense of fulness in the left side, and perhaps an indescribable feeling of misery, with periods of greater distress for breath. Going up hill or up stairs will bring on violent palpitations, and take away the strength and breath to a distressing degree. There is sometimes a feeling of weakness, and often pain, in the left side, which may extend to the left arm. Any sudden emotion, such as fright, or surprise, or pleasure, will set the heart fluttering like a frightened bird. At times the heart may seem to stop beating for an instant, with a kind of shock, and then as suddenly resume its action, with a bound and a flutter, lasting some minutes. At other times there is a sudden sensation of an indescribable rotary motion of the heart, as though it turned over. As the disease increases in violence, there may be distressing difficulty of breathing, amounting, in some instances, almost to suffocation, with partial or total faintings. Sometimes, even in slight derangements of the heart, the sleep is disturbed by alarming dreams and frequent startings; and in more severe cases the invalid can scarcely lie down at all. In some cases there is most terrible pain in the heart—sometimes dull and heavy, at others sharp and lancinating. But there may be disturbance or disease of the heart without pain.

In some instances the general health or appearance is but little disturbed or changed by the diseased action of the heart; in others, a change in these respects is marked and peculiar: the countenance will be bloodless and livid, and the eyes swollen and watery. In some cases the palpitation will amount to only a slight increase in the rapidity and force of the pulse; and from this it varies in severity to a hard, violent throbbing, which may be seen to shake the whole person, and even the chair or bed on which the invalid may sit or recline. In some instances there will be a uniform, regular hard beating of the heart, and in others the pulse will be irregular and intermitting.

TREATMENT OF HEART DISEASE.

My treatment is directed to the cause of the disease. The disorders and diseases which produce or attend it are cured, and the whole system, by appropriate constitutional remedies, is restored to a condition of health. By specific remedies addressed to the heart, its agitation and violent action are quieted and subdued, and the disorganization which is going on arrested. The condition of the system is regulated, and those distressing suspensions of circulation, which often cause sudden death, I take prompt and effectual means to prevent. If the disturbance is one caused by disease or irregularity elsewhere, the cause I remove by prompt and efficient remedies, applicable to the particular case. I always adopt efficient measures to guard the lungs against taking on disease—to enlarge and strengthen the chest and lungs—to build up and strengthen the whole system—to purify the blood, and restore the whole body to sound health. (See my "Six Lectures.")

LIVER COMPLAINT AND BILIOUS DISORDERS.

Deranged action of the liver is very common: organic disease of this organ is not so common. The latter is usually indicated by heat, pain, and swelling in the right side; by obstinate costiveness, flatulence, or diarrhoea, and sometimes

great pain in the bowels; more or less indigestion; sallow skin, yellow eyes, loss of appetite, or insatiable craving for food; loss of flesh and strength; great melancholy and depression of spirits; palpitation of the heart; in some cases cough; sometimes there is most distressing pain in the side and across the centre of the body; headache, and a dull, heavy, drowsy feeling. Many of these symptoms are present in mere torpidity or deranged action of the liver. The latter is not, however, attended with swelling in the side, nor so much pain and heat in the region of the liver. Bilious derangement is often produced by want of exercise, irregular habits, sedentary employments, excessive study, confinement in-doors, colds, eating too much or too rich foods, particularly fats.

A common cause is malaria, the origin of bilious, remittent, and chill fevers, and fever and ague; another common cause is the injudicious use of *mercury* in some form. This agent acts powerfully on the liver. It may give temporary relief in biliousness, torpid liver, etc.; but it does so only by violently stimulating the liver, as well as other glands. Of course this is followed by a corresponding depression, leaving the liver weak, prostrated, and, perhaps, actually diseased.

I treat affections of the liver, and the various forms of biliousness, by ascertaining and removing the cause: by quickening the action of the other emunctories, by invigorating and strengthening the liver itself, by correcting the action of the bowels. If mercury has been much used, this must be removed from the system. All accompanying disorders I carefully attend to, and appropriate diet, exercise, bathing, etc., is prescribed. I seldom have the misfortune to fail in restoring the patient to complete health under this treatment.

DISEASES OF THE KIDNEYS, BLADDER, &c.

These are a common and painful class of affections. The usual symptoms are pain, heat, and tenderness in the small of the back; passage of water attended with heat, scalding, pain; sometimes with discharge of blood, &c.; urine variable—sometimes scanty and high-colored, at others clear and too abundant, often depositing red or white sediment, which adheres to the vessel or settles at the bottom. In some cases there are fever and a coated tongue. If the bladder is the seat of the disorder, there is pain, heat, or uneasiness in that region; frequently stricture and painful retention of urine; sometimes discharge of blood and mucus. Gravel results from diseases of the bladder, and these are most often caused by humor settling in those parts; sometimes they are caused by injuries, blows on the back, falls, &c.; often by frequently forcibly retaining the urine, because it is inconvenient to void it, &c. In uterine diseases the bladder and kidneys are often involved; the uterus not unfrequently presses on the bladder so as to injure it. Often there is inflammation of the neck of the bladder or urethra, with stricture, perhaps, and inability to pass water, causing the most terrible suffering. In other cases there is inability to hold the water—a most troublesome and disagreeable affection. Whatever the cause, and whatever the form of the disease, it may usually be cured; but, as in other complaints, the cause must be removed. If it is humor, the blood must be renovated; if external injuries, the inflammation must be soothed and subdued; if disease of other organs, that must be sought out and cured; and then remedies, medicinal and mechanical, addressed directly to the seat of the difficulty.

RHEUMATISM.

This painful affection is too well known to need description ; and it is as well known that it is often regarded as incurable. Temporary relief is about all that is hoped for. When, however, the cause is known, and remedies employed that will reach that cause, a *cure* is perfectly practicable. Rheumatism results from a peculiar poison in the blood, which settles upon the membranes, covering the joints usually ; sometimes it invades the muscles. Wherever it is, it causes inflammation, vitiates the secretions, and causes much pain. By proper local applications, together with such general remedies as are specifically adapted to eradicate the poison, there is scarcely any case that may not be cured. Decided relief can be given in all cases. It is true that when the joints have become disorganized and drawn out of shape, when chalk deposits have been made, and the general system completely broken down, we can hardly hope to see the disorganized parts restored to their natural condition. But even after this stage is reached, the disease may usually be arrested, and the suffering removed.

Let me say that local and external applications cannot alone cure rheumatism. It has its seat in the blood, and the blood must be purified from the humor or poison. It is a constitutional affection, and requires constitutional remedies ; local remedies, it is true, are useful to give temporary relief, but they are not always or often curative. With true curative general remedies, I usually find that rheumatism, in all its manifestations, may be conquered.

DYSPEPSIA.

There are numerous organs engaged in the process of digestion, and where any of them are diseased or deranged, digestion is impaired. When indigestion becomes chronic, or habitual, then there is dyspepsia. Among the symptoms are the following : Oppressed, heavy feelings ; sour stomach ; wind in the stomach ; often the food is thrown up, sometimes unchanged, at others sour and acrid, scalding, and almost excoriating the throat ; there is, perhaps, active pain in the stomach, extending up the left side and under the shoulder-blades ; there is at times a restless, nervous, uneasy feeling, commencing at the stomach and extending over the whole system ; often there is severe headache ; the appetite is vitiated, sometimes too craving, at others gone entirely ; a bad taste in the mouth in the morning ; a dull, heavy, sluggish feeling during the day ; bad dreams, perhaps sleeplessness, perhaps too heavy sleep, at night ; sinking, all-gone feeling at the pit of the stomach ; palpitation of the heart ; rush of blood to the head ; feet and hands sometimes cold, sometimes hot and burning ; pain across the centre of the body, at times, perhaps, extreme, in some cases pretty constant, in others commencing only some hour or two after meals—eating often stops it for the time ; depression of spirits, the dyspeptic being often exceedingly morose, gloomy, and fretful, sometimes indifferent to all about him, at others irritable and easily disturbed ; loss of energy and ambition ; wasting of strength and flesh, &c. ; sometimes a hacking cough and oppression for breath.

These symptoms do not, of course, all appear in the same individual. But if you are a dyspeptic you have felt some of them. You have also found your

disease difficult to cure: what has cured others will not help you, perhaps. No two cases are just alike, and each case must be treated by itself. But because you have failed to find relief thus far, you need not be discouraged—*dyspepsia in all its forms is curable.*

CAUSES OF DYSPEPSIA.

Like every other disease, dyspepsia in every case has some specific cause. These causes are various, and different in different individuals. One of the most common is *want of exercise, while consuming too much food.* We have seen that the body is constantly wasting away. We need food enough to supply this waste, but no more; all surplus is hurtful. Action, exercise, movement, increase the waste, and of course the demand for food. But if while at rest we consume as much food as is required while in action, we get too much, load and burden the digestive organs, and induce dyspepsia. This is inevitable.

There are numerous other causes of dyspepsia, such as long-continued, exhausting mental labor, care, anxiety, or grief; irregular habits; excesses of all kinds; improper food; too little food for a length of time; eating at unusual hours; late suppers; harsh, irritating medicines; falling of the bowels; contraction of the chest, thus depriving the system of needed vital air; neglecting to bathe the body, and allowing the skin to become impure and clogged.

There are many other diseases that occasion dyspepsia; any, in fact, which confine the invalid to the house a long time, and greatly reduce the strength, may do so. Most distressing dyspepsia often results from female diseases, falling of the womb, inflammation and ulceration of the womb, leucorrhœa, irregularity, &c. Another common cause is the striking in of humors, and their determination to the organs of digestion.

A certain amount of exercise is essential to healthy digestion; there is absolutely no substitute for exercise. From the laws of our being it is demanded, and we cannot have health without it. Motion—activity—is an indispensable condition of growth, development, and health in the animal organization. This is a natural law; if we violate it we *must pay* the penalty. It is true that a man may have dyspepsia in spite of daily bodily exercise; but he is sure to have it if exercise is altogether neglected. Set it down, therefore, as true beyond a peradventure, that you cannot have health, nor get relief from your dyspepsia, so long as you omit to give yourself sufficient exercise.

TO CURE DYSPEPSIA

Is sometimes difficult, but seldom or never impossible, if the patient will thoroughly co-operate with me. My plan is, first to seek out the cause, learn what it has originated from, and then strike directly at this cause. If it results from some other disease, I direct remedies to that at once. If from wrong habits of living, I point them out, and seek to have them abandoned. I regulate, as far as possible, the diet—recommend the proper exercise—secure daily bathing—have the chest well expanded—the bowels supported and regulated, and the general vigor of the whole system strengthened and improved. Then directing carefully prepared remedies to the digestive organs, the stomach, bowels, liver, &c., I usually succeed in restoring the patient to sound digestion and good health, in the course of from one to three months.

Let me recommend you, if you are inclined to dyspepsia, not to sit down and despair of help. You can do much yourself to regain health. Do not sit in your house, your shop, your office, or your store, lazily brooding and mourning over your wretched condition, or meekly "acquiescing in the dispensations of Providence." The "dispensations of Providence," in your case, are most probably only stripes due to disobedience. Leave your sedentary employments and habits; go out, ride, walk, hunt, fish, play, recreate; engage in moderate labor on the farm, in the garden, or elsewhere. Engage in something that takes your mind off from yourself, and fixes it on an object to be accomplished, whether it be pleasure or profit. Keep the mind as free as possible from disagreeable care, anxiety, depression, and gloom; avoid exhausting mental labor and fatigue; seek cheerful, pleasant society, and cultivate a cheerful temper. Do not be governed by your appetite, if it is not a healthy one; take as much proper food as you need, and no more; always masticate it well. Eat at regular intervals, bathe daily, keep the bowels free, take regular sleep and rest, avoid all excesses, and in all respects obey the laws of health. Then, if you need medical advice or assistance, call on me, or sit down and write me a letter, describing your symptoms fully, answering the questions on page 32 of this pamphlet, and I will direct you what to do.

FEMALE COMPLAINTS.

The extent of disease and suffering among females is frightful. We seldom meet with a *healthy woman*; and no invalids more eminently deserve the sympathy and effective services of the physician. Thousands suffer in uncomplaining silence; others suffer and complain, but find no relief. I desire to do what I can in their behalf.

Let me first say, that if you find yourself a sufferer from any female complaint, you should not hesitate for a moment from motives of delicacy to make your condition known. Your health, perhaps your life, and that of your offspring, is at stake; nothing should prevent you from seeking effective help at once.

There are many forms of female weakness and disorder; *falling of the womb* is perhaps one of the most common. This causes a heavy, dragging feeling in the pelvis, with pain and weakness in the back, perhaps through the hips and across the abdomen. There is inability to walk well; generally more or less prostration of strength; sinking at the pit of the stomach and about the chest and shoulders; sometimes palpitation of the heart; usually obstinate costiveness and sometimes suppression of the water; frequently leucorrhœa, &c.

Inflammation and ulceration of the womb are also common. They frequently accompany falling of the womb, and give rise to a long train of distressing symptoms, besides those above mentioned, such as obstinate dyspepsia, headache, rush of blood to the head, pain in the back, shoulders, chest, hips, pelvis, legs, or arms; great nervousness, painful menstruation, suppression of the menses; heat and burning, in some cases, in the abdomen; flooding, great prostration of strength, emaciation, great depression of the spirits, gloom, and despondency. Often the poor sufferer is entirely bed-ridden for months.

If you are one of this unfortunate class, permit me to assure you that you

need not continue to suffer thus: there is relief for you. But you need treatment that cannot well be communicated to you here, and that requires the supervision of an experienced physician. My plan embraces the use of both mechanical and medicinal remedies. The *abdominal supporter* in these complaints is exceedingly important. An *internal supporter* is often requisite. I employ one of a peculiar construction, that is worn without inconvenience, and that perfectly supports the womb and holds it in place. The remedies I make use of cause no pain or inconvenience, occasion no increase of suffering, no sickness, and no interference with your usual habits, pursuits, or pleasures; they do not prostrate or break down the strength, and do not injure the constitution. Write me, and let me advise you. In the mean time, you will most certainly derive much benefit from wearing one of my *abdominal supporters*, which may be had at most druggists.

SKIN DISEASES.

Their name is legion. We are a poisoned race. To find a human being in Christendom, in whose veins flows no taint or poison, is probably an impossibility. These diseases occupy different parts of the surface of the body—the face, scalp, eyelids, the ear, internal and external, the throat, breast, limbs, hands, feet, in fact all portions of the surface, producing in their various forms of development and location a vast catalogue of complaints which we have not space to enumerate, all proceeding from poison in the blood. All may be repelled from the surface to the internal organs, affecting one or all of them. It is very rarely that we meet with any skin disease of any type that cannot be cured by proper remedies, local and constitutional, in from six weeks to two months.

CANCER.

This terrible disease, one of the most awful which invades the human system, originates from poison in the blood. Of this there cannot be a rational doubt. Cancer in its earlier stages may frequently be cured by internal medicines alone, and a permanent cure is all but impossible except by purifying the blood of the cancer poison. After the poison is expelled, and the blood is purified, then plasters can be applied to the cancerous tumor, which, in a few weeks, with very little pain, will remove the tumor entire. Rapid healing follows, and soon the patient rejoices in perfect health.

KING'S EVIL, OR TRUE SCROFULA.

King's evil, or true scrofula, whether in the form of lumps or hard swellings about the neck, under the chin, on the cords of the neck, or elsewhere, or in the form of running, scrofulous sores, results from a peculiar depravity of the constitution, and particularly the blood. It is very common, and is the parent of a pestilent brood of other forms of disease. It is usually indicated by a clear, transparent complexion, and a soft, frail, delicate appearance of the flesh. The eyes are often red about the edges of the lids. The glands in various parts of the system incline to swell, and there is delicate general health. It often induces consumption. Sometimes it breaks out in obstinate running sores. The

back is often affected, when the spine may become distorted, twisted to one side, or bowed outwards, and also the breast-bone. This is called the "rickets."

It is a dull, sluggish, hydra-headed, pestilent disease, and requires skilful treatment; but it is not incurable. By general remedies adapted to renovate the system, rouse the vitality, purify and enrich the blood, and correct the nutrition, I have usually succeeded in conquering it, before the constitution has become completely broken down, and the parts of the system on which it determines disorganized.

COSTIVENESS.

Thousands suffer from habitual costiveness. It is a distressing disease in itself, and the parent of many others. Headache, sick-headache, confusion in the head, rush of blood to the head, apoplexy, palsy, throat disease, consumption, bleeding lungs, heart disease, dyspepsia, liver complaint, piles, skin diseases, nervousness, womb diseases, kidney complaints, &c., are sometimes produced, and always aggravated by it.

It usually results from a torpid condition of the liver. It may, however, be caused by want of exercise, a habit of procrastinating the call of nature, the use of drastic cathartics, &c. But from whatever it proceeds, if the proper measures and remedies are employed it may be removed. An abdominal supporter is usually of great benefit. Active exercise daily is well-nigh indispensable. Bathing is important. With these I employ medicines to gently stimulate the liver, correct the digestion, strengthen the bowels, remove all attendant diseases, and invigorate the whole system; and I hardly ever fail to give complete relief.

PILES.

This is not generally a dangerous disease, but it is always annoying, and often terribly painful. It occurs more in sedentary people than others, and generally is attended with costiveness. It results from an imperfect circulation of the blood; the blood does not flow freely back from the rectum, and the blood vessels then become enlarged, so as to form terrible tumors. These are in some cases external, and in some internal. These latter are apt to bleed, by being ruptured by the hard fæces pressing against them.

To cure the piles effectually, the circulation of the blood must be restored to its natural activity; congestion of the liver, which exists usually to a greater or less extent, must be removed; constipation relieved; and the general system invigorated. Both local and constitutional remedies are requisite under the proper treatment, and the use of the supporters always important. I do not find it difficult to cure the piles.

THE GENERAL VIEW OF THE PLAN ON WHICH I TREAT DISEASE.

Having thus noticed several of the prevalent chronic diseases, somewhat in detail, and explained how I treat them, let me present in a few words the principles on which my plan of treatment is based, and the objects I am to accomplish.

1st. I start with the fact, for a fact it is, that no person can have robust health with small lungs and a contracted chest; nor if the lungs are suffering from any disorder upon them. Here is the very citadel of life, from which all the vigor, vitality, and power of the system are obtained. The great office of the lungs is to supply power and vitality to the system. If they are on any account deficient, every organ of the body suffers and languishes in consequence. I aim, then, in all cases to secure in the patient a large chest, and healthy, well-developed, well-expanded lungs; and I take means, by shoulder-braces, inhalers, &c., to secure these ends.

2d. In almost all chronic affections, where there is loss of strength, the *abdominal muscles* are more or less relaxed. This is especially the case in affections of the lungs and throat; also in dyspepsia, chronic diarrhœa, female disorders, &c., causing a sinking, heavy, "all-gone" feeling at the pit of the stomach, and a dragging sensation about the breast and shoulders. This I correct by a well-adjusted abdominal supporter, and appropriate local applications to the parts.

3d. I regard the *skin* as a *most important* organ, and by bathing, warm or cold, medicated or simple, as the case may require, I secure an active, healthy condition of the skin. I find the most beautiful effects from these baths in treating chronic complaints, and in the preservation of health.

4th. I give my patients a most complete regimen, as regards *exercise*, out-doors and in; *diet* adapted to each case; sleep, clothing, and all other matters relating to their habits and mode of life.

5th. *I give them medicines*, external and internal, local and general, *adapted to cure them*. Here is the *grand remedial power of my system*! I find that there is a positive power in medicine unknown to those who employ only the crude drugs of the apothecary's shop. By skilful combinations, diseases can be cured that cannot be reached by any one medicinal agent alone. I employ remedies, all prepared most carefully under my own hand, which have specific tendencies to the various organs, and are true antidotes to the poisons which invade the system. There are none used that sicken, or reduce the strength, or cause pain or inconvenience. The treatment employed does not in any case interrupt or interfere with the patient's business or pleasures, if they are proper and innocent.

ONE WORD MORE.—If you are an invalid suffering from any chronic disease, do not submit to the use of any harsh, or painful, or prostrating remedies. Do not allow yourself to be bled, or physicked, or purged, or blistered to death. Do not load your body with mineral poison, especially mercury. Any treatment or any remedy which causes you one half hour's suffering, or inconvenience, or sickness—that reduces your strength, shuts you up in your room, or makes you even "nervous," is *wrong and hurtful*.

Recollect what I have described as the two great processes of life. Remedies should at once promote these processes, and not interfere with them. All disease is a result of some imperfection in these processes; and you will have seen that in all the remedies and measures I have described as employed by myself, I aim to restore these functions to a healthy activity and vigor. What does not tend to this end is hurtful in medical treatment.



RULES FOR PRESERVING HEALTH.

It is not difficult to preserve GOOD HEALTH, if you will obey a few simple rules.

1st. *You must have LARGE SOUND LUNGS.* Without good lungs you cannot have robust health. The strength, power, vigor—all the vitality of the system, and of each organ of it—are derived from the lungs. But you may have good lungs if you choose, (accidental mechanical injuries excepted.) The person should be carried erect, the shoulders thrown and kept back off from the chest, the breathing should be habitually full and deep, and the chest kept large and full. Never allow yourself in the habit of *stooping*. Many persons stoop while they sit or stand at their work. A very hurtful habit, practised by many females, is to sit at their sewing actually doubled up, with their feet on a stool, their work pinned to their laps, as you see represented in the above figure. A worse habit could not well be indulged in. So, too, many students practice a similar habit of sitting at their studies, as seen on the next page. You see this must necessarily contract the chest and cramp the lungs, as well as all the internal organs. Never permit yourself to stoop. *Stand and sit straight*, and don't fear being thought vain if you are erect; with chest thrown out and shoulders back. Frequently take long full breaths, and get the *habit* of full, deep breathing. If necessary, wear shoulder-braces, and use an inhaling tube. Never sit in a cramped, stooping, or confined position while writing, reading, sewing, or at any other employment. Never lace, or in any way confine the chest. As the first requisite to good health, then, secure a *full broad chest, an erect figure, and large lungs.* YOU CAN DO IT.

2d. *Never permit yourself to breathe a vitiated air.* Recollect that the air is your life. You poison the very fountains of life when you breathe impure air. Recollect, too, that you yourself render the air impure by breathing it; every returning breath comes loaded with poison. Air once breathed is not fit to be breathed again until it is purified in the great laboratory of nature. Never shut yourself



up in a room, either night or day, where you will have to breathe the same air over and over. Why is it that those who live out of doors are stronger and healthier than those who live confined to the house? Because they breathe a purer air. Always have your rooms well ventilated, both day and night, and spend as much time as you can in the open air and the sunshine.

3d. *Take, at regular intervals, as much WHOLESOME, DIGESTIBLE FOOD AND DRINK as the waste of the system requires, AND NO MORE.* This looks like a very simple rule, and so it is, if you will resolutely resolve to obey it. But there is none which is more generally and wretchedly violated. As a general rule, we eat *too much*. We too frequently eat to satiate our appetites and gratify our palates, and not to satisfy our *wants*. Special rules of diet are of but little use. Each person must be his own guide here; and he can be, if he will resolve to consult common sense. Never eat too much, or at unseasonable hours, or unwholesome food, or too rapidly. *Don't eat late suppers.*

4th. *Keep the skin on the whole person clean and healthy.* To do this, wash the whole person daily in water as cold as you can bear, and be warm and comfortable after the bath. Use much friction with a coarse towel, both before and after the bath. Do not omit this, if you would have health.

5th. *Take brisk exercise daily in the open air.* Nothing can take the place of this—absolutely *nothing*. You must have exercise. Walking, riding on horseback, laboring, or in some way. If you can't go out, then exercise in the house. Do something to exercise the muscles of the chest, particularly. *Take exercise daily.*

6th. Take regular sleep, at seasonable hours. Retire in season, and rise early. Take sleep enough, but not too much. Sleep in a well-ventilated room, on a moderately hard bed, with covering enough to be just comfortable, and no more. Ventilate your room and bed well during the day.

7th. *Never expose yourself to take cold.* You may suppose this impossible ; but it is not. Recollect a "cold" is the result of a sudden closing of the pores of the skin, and is the effect of cold air upon the skin when it is warm, or the sudden lowering of the temperature of the body in some way. Going from heated into cold air, sitting in a draft, wetting the feet or person, &c., will, as everybody knows, give a cold. Avoid, under all circumstances, suddenly lowering the temperature of the body, and you will not take cold.

8th. Protect the person by proper clothing, and never sacrifice comfort and health to appearance. Keep the head cool, the feet warm, and the bowels free.

9th. Keep a cheerful temper. Don't let the heart be burdened by care or grief. Avoid the vices—all of them. Practice the virtues—all of them. Give some time to *recreation*. Don't wear yourself out, by exhaustive work or business. Inform the mind—cultivate the heart—*keep the Commandments!* so you shall have health and long life.

CONSULTATION AND TREATMENT.

HOW MY TREATMENT AND REMEDIES MAY BE OBTAINED.

I should prefer to have you, if desiring my treatment or counsel, visit me, and give me the opportunity of making a personal examination. A more accurate knowledge of your true condition, especially if the lungs are the seat of the disease, can, of course, in this way be obtained. I would recommend, therefore, if it is practicable, that you visit me.

A personal examination is not, however, indispensable. I have had the pleasure of treating successfully a great number of invalids by letter.

Just sit down and write me a full statement of your case, setting forth all your symptoms, circumstances, history, and condition. To aid you in doing this, I give you here a number of questions to which you may reply.

QUESTIONS TO INVALIDS.

Give name, age, residence, occupation? Family consumptive, or what complaints subject to? Where born and brought up? Married or single? Strong or delicate? Lean or fleshy? Straight or stooping, or deformed? Height, and size around the waist, two inches above the hips? Color of hair? Complexion? Have you any humor, scrofula, cancer, skin disease, headache, cough, asthma, rheumatism, or pain anywhere, loss of voice, hoarseness, catarrh, dropsy, expectorate much, raise blood, fever or night-sweats, chills, confined to bed or house, palpitation, nervousness, fits, palsy, bad dreams, sour or sick stomach, dyspepsia, flatulence, distress at stomach, colic, all-gone feeling anywhere, costiveness, diarrhoea, appetite good or bad, piles, fistula, gravel, heat of urine, or scanty, or sediment? If a lady—married? had any children? any female complaints? irregularity? weak back? pain anywhere? any bloating? dropsy? bilious? worms? indigent or easy circumstances? any bad fit of sickness? taken much medicine?

Please reply to all of these, and add any facts necessary to a full understanding of your case. On receiving such a statement, I will promptly reply, giving my

candid opinion of the character of your disease, and the probability of a cure—stating also my terms and plan of treatment. My charges are moderate, my object being to make my system of treatment and remedies the instrument of curing the sick, and relieving the greatest possible amount of human suffering.

Remedies, with full instructions for using them, can be sent by express to any part of the country. My usual plan is to take the patient under my special charge, and furnish all needed remedies for a specified time. I shall wish you to write me frequently, and let me guide and direct your course, making any needed changes in the remedies, and giving all required counsel.

Address your letters to me, at my Office, 714 BROADWAY, New York; and give your address in full, Post-office, County, and State.

IN CONCLUSION,—May I urgently press upon you, particularly if suffering from any disorder of the lungs, the inexpressible importance of doing NOW, AT ONCE, what should be done to arrest your disease? *Do not delay.* DO NOT DELAY! DO NOT DELAY!! Ten thousand voices come up from our graveyards reiterating the admonition. Do not be cheated out of your life by the hallucination that there is no danger, while any disorder clings to the system. Oh, if I could make the truth on this subject seen and felt as it really is, how many precious lives should I save, which will now be sacrificed to a fatal procrastination! But I can only repeat, *Do not delay!* You have in this little pamphlet all the admonition you need—will you heed it?

Your sincere well-wisher,

S. S. FITCH, M. D.

DO NOT BE MISLED.

DR. S. S. FITCH, the originator of the system of practice set forth in this pamphlet and the works noticed here, and whose name is widely known to the public as such, finds it necessary to say that *he has no office in Chicago, Buffalo, Pittsburg, or elsewhere out of the city of New York.* He has no connection with any other office than his own, at 714 BROADWAY, N. Y.; and no Physician elsewhere has any right to use my name, or hold himself out as having any professional connection with me or my office. My treatment and remedies can be obtained only by application directly to myself, at 714 BROADWAY, N. Y. S. S. FITCH, M. D.

APPENDIX.

CORRESPONDENCE,

PROVING THE CURABILITY OF CONSUMPTION, ASTHMA, HEART DISEASE,
AND OTHER CHRONIC COMPLAINTS.

In the preceding pages, I have shown that Consumption, Asthma, Heart Disease, and the other prevalent chronic disorders *are not in their nature incurable*. In the following, I present a few letters from among the great number, of similar import, received from my patients in the course of a regular correspondence with them, proving conclusively that they *actually are cured* under the treatment employed by me.

If the facts stated in these communications are true, there remains no doubt that, by the measures and remedies embraced in my system, a complete mastery is obtained over these diseases. Will the reader, therefore, do himself and my system the justice to carefully examine these communications? and if, after doing so, he has any misgivings as to their genuineness or truthfulness, then I ask him to make inquiry of the writers of the letters. Their addresses are given in full; and it will cost only the trouble of a line addressed to any of them (with a stamp inclosed), to determine the matter.

S. S. FITCH, M. D.

AN UNDOUBTED INSTANCE OF CONSUMPTION CURED.

CASE I.—*Letter from W. H. Bangs, Esq., of Washington, D. C.*

BANK OF THE METROPOLIS, WASHINGTON, D. C., }
December 10, 1856.

DR. S. S. FITCH, New York :

My dear Sir,—In March, 1853, after a severe attack of bilious fever, which was followed by a general prostration of my system, I contracted a cold, which, settling upon my lungs, produced the most alarming symptoms of consumption—such as spitting of blood, profuse night-sweats, and a hacking, troublesome cough. My friends were exceedingly anxious that every available means of relief should be resorted to; and accordingly nothing was left undone which thoughtful care and solicitous kindness could accomplish, aided by professional skill. Under all these appliances, my health, as the spring opened, became better, and I buoyed myself up with the hope that, as the summer advanced, I should become quite strong again. This hope remained with me until the latter part of the summer, when, by an unfortunate accident, I was subjected to a severe hemorrhage of the lungs, which prostrated me even more than I had been when first attacked. From this time up to the period when I placed myself under your care, I led a miserable existence—at times sorely perplexed and dispirited, ready to yield to the approach of despair; and then again temporarily relieved, only to find myself again deceived and disappointed in the various means which I resorted to for relief. Some months after, I came across your “Six Lectures to Consumptives,”

and became deeply interested in them, for I thought the arguments there used displayed more sound common-sense than I had ever seen before on that subject. The reading of the work kindled anew the flames of hope which had almost died within me; and I determined to write to you, and, if encouraged, to submit my case to you. In the month of March or April of this year, I wrote to you, and received an encouraging reply. I then resolved to place myself under your care; and, not being able to visit you at that time, wrote you a detailed statement of the symptoms of my case, in answer to which you sent me a box of your medicines, together with a shoulder-brace and supporter, and an inhaling-tube for the purpose of expanding the lungs and filling them with air. Accompanying these was a letter containing directions for my guidance in the use of the medicines. From the time I commenced the use of these remedies, I commenced to gain flesh, and to feel as I had not done for years. The shoulder-brace and supporter I found every thing you indicated to me they would be. Prior to their use, after a day's writing I would feel so exhausted and weak as to unfit me totally for any kind of out-door service. After using them, I ascertained that I could perform the same amount of writing with one-half the fatigue and exhaustion which formerly accompanied me from my place of business. I have now been seven months under your care, and can assure you that during that time my health has been gradually but steadily improving; and I am now in better health, can endure more fatigue, take more exercise, and enjoy life generally, better than I have been permitted to be or to do for many years. I know that, with a system which has been so completely enfeebled and prostrated as mine has been, great care and caution will always be necessary auxiliaries to good health; but with the use of your remedies, both medicinal and mechanical, and a perfect trust in that good and ever kind Providence which has thus far blessed the use of them to my good, I can look forward to the future, if not with positive hope, at least with cheerfulness and contentment. I would not, on any account, be without your shoulder-brace and abdominal supporter, and your medicines.—I continue to use them, although there is no actual necessity for my doing so.

Leaving you the permission to use this letter, or any part of it, in any way which may subserve your purposes,

I am, my dear sir, very truly yours,

WM. HOWELL BANGS.

[It was after Mr. Bangs had been some three months under my treatment, that I first saw him, and had an opportunity of examining his lungs. I found that both were tuberculated, and that one had been ulcerated, but was then healing. His disease was clearly true Tubercular Consumption, which must inevitably have gone steadily on to a fatal termination, if it had not been arrested by timely remedies.]

A REMARKABLE CASE OF CONSUMPTION.

CASE II.—*Letter from C. De Revere, Esq., of Tarrytown, N. Y.*

TARRYTOWN, N. Y., March 10, 1854.

DR. S. S. FITCH:

Dear Sir,—I feel it to be a duty I owe to yourself and the community, to make a public acknowledgment of the fact that, under your treatment, by the blessing of God, I have been restored to comfortable health, after going down to the very borders of the grave with true *pulmonary consumption*.

As I am informed by physicians, it is nearly or quite impossible to determine, with absolute certainty, that any individual now in health ever had true consumption; that although consumption may be curable, still the fact of such cure can only be established by a post-mortem examination of the lungs. This may in most cases be true, but it is not in my case as the circumstances which I will relate conclusively show.

Disease first began to develop itself in my lungs in 1842, by a cough, and the usual attending symptoms of decline in strength and flesh, pain about the region of the chest, through the shoulders, and under the shoulder-blades. The disease continued slowly, but steadily and obstinately, to progress. The best medical advice and assistance I could get appeared to oppose no check to it. By the year 1845 I had become very feeble, coughed much, expectorated largely, with all the ordinary indications of diseased and wasting lungs. During the last-named year, a new feature presented itself: a large abscess gathered in the left side and broke, discharging a great quantity of thick matter, resembling very much that which I coughed up. This discharge continued until I called on you in 1847. *It proved to proceed from a cavity in the lungs.* Ulcerous and tuberculous cheesy matter was discharged; but what showed conclusively that the opening was into the substance of the lungs was, that the air passed out from the lungs through the abscess. *I could, and did frequently, blow out a lighted candle by placing it before the opening, and making a sudden effort at expiration.* Here was positive proof that extensive ulceration, involving the substance of the lungs, was going on. All my symptoms indicated consumption—cough, expectoration, great debility and emaciation, distress for breath, hectic fever, night-sweats, &c. My friends and my physicians regarded me as certainly doomed to the grave, by the disease which was on me, as though I had been already in my coffin.

This was my apparently hopeless condition when, in January, 1847, I most fortunately applied to you. I did so with very little hope of relief. You yourself did not express a very confident hope that you could rescue me from the grasp of a disease so firmly fastened, but still encouraged me by saying that you thought it *possible* I might be cured if I adopted and faithfully pursued your treatment. I did so, and with gratitude to God for his blessing upon the means you employed, and with gratitude to you for your skill and kindness in treating me, I can say that I have been in the enjoyment of good health for the last four or five years. I pursue my ordinary business, have no cough, no pain, have my usual flesh, and nearly my usual strength. I do not suppose that I am as strong as I would be with lungs that had never been diseased. The front lobe of the left lung is nearly all gone.

My case may appear almost incredible to those who regard seated consumption as incurable. But if the skeptical will write or call on me at Tarrytown, N. Y., I can, I think, convince them that at least one such case has been cured by your admirable treatment. With the sincere wish that others similarly afflicted may apply to you and find relief,

I am most gratefully yours,

CORNELIUS DE REVERE.

[Mr. De Revere now (1857) resides at Sing Sing, N. Y., in the enjoyment of good health.]

ADVANCED HEREDITARY CONSUMPTION CURED.

CASE III.—*Narrative of Rev. Rodolphus Bard.*

RAVENNA, Ohio, October, 1850.

DR. S. S. FITCH:

Dear Sir,—In looking over the history of the last two years of my life, I am filled with gratitude to God for his great goodness in so far restoring my health, and giving me back to my family, after all hope had fled, and they could only look at me as already entering the grave. It has ever been to me a self-evident truth that the all-wise Creator always works by means, and it gives me great pleasure, my dear sir, to say that your remedies for the cure of consumption were the means, "the only means," of my recovery, as will more fully appear by the following statement of my case.

First, my family nearly all consumptive—my mother, brother, and also a large number of other relatives, died of consumption. From my childhood my constitution was slender, and for the last twenty-five years regarded by all my

friends as inclining to consumption. At the age of twenty-five years I commenced preaching the Gospel, with but little prospect of living to the age of thirty. Lungs weak, a constant hoarseness and hacking cough, some expectoration, often night-sweats, and habitual costiveness, attended with frequent distressing nervous headaches. A change of climate from New York to Ohio operated favorably, and for twelve years I was able to act as pastor of the Baptist Church in Brimfield. In the winter of 1844 I had a severe attack of erysipelas fever, which very much injured my constitution, and left me in a decline. In the winter of 1846 I took the charge of a protracted meeting in Mantua, laboring night and day for four weeks, at the close of which I found my whole system entirely prostrated—my lungs so weak, it was with difficulty I could speak so as to be heard. My friends and ministering brethren became alarmed, and earnestly advised me to stop preaching. But I did not realize my danger, and continued to preach two or three times each Sabbath during the summer. In September I took a violent cold, and at once found myself on a sick-bed, with a hard cough, large expectoration of light, frothy matter, daily chills, fever, night-sweats, loss of appetite, pain in the chest, shoulders, and limbs, palpitation of the heart, nervousness, &c. I tried the usual remedies, such as blistering, &c., to no benefit. I went down rapidly, with increasing alarming symptoms, until the middle of November. All hope was gone, and the community considered me past recovery.

A copy of your Lectures fell into my hands, the reading of which rekindled a spark of hope. I lost no time in applying to you, and on the first day of December, "of happy memory," received a full supply of your remedies. I followed your directions to the letter, and to the astonishment and joy of all my friends, my recovery was as rapid as had been my decline, so that on New-Year's-day I was able to visit my friends. I soon felt myself compelled to labor for the support of my family. During the summer I performed my usual amount of labor.

In October, 1846, I again found myself ailing. I called on Dr. A. Jackson Squire. He decided I had a chill fever—gave me medicine, which soon relieved. However, I imprudently went out too soon, which brought on a relapse. The disease concentrated its whole force on my lungs; my right lung till then was sound, but now both lungs were highly congested. Cough returned with great violence; lungs soon became loaded with thick, heavy matter, without the power to throw it off. I was out of your medicines, but, fortunately, I was able to borrow from one of your patients one bottle of Expectorant, one do. of Pulmonary Balsam, and a bottle of Anti-Mucous Mixture. After taking the Expectorant a few days, I raised large quantities of matter that would sink in the water almost as soon as lead. That bottle of Expectorant saved my life. I applied to you again: there was necessarily considerable delay in getting the medicines. My friends and physician said there was no hope in my case, and I, too, felt that my time to die had come—made arrangements to leave my family: and how could I think otherwise? I had a hard cough, raised large quantities of solid matter, distressing pains through my entire lungs, shoulders, bowels, and limbs, daily chills and fever, night-sweats, loss of appetite, flesh rapidly wasting away; and to crown the whole, swelled limbs and diarrhoea. Your letters, dear sir, to me were full of kindness and encouragement. You said you fully believed I would yet recover. You did not misjudge. My recovery was slow, "but certain."

In May last I felt anxious to see you. My health still very poor, many of my friends thought me presumptuous in undertaking such a journey alone. On your examination of my lungs, you pronounced the entire front of my left lung and the top of the right ulcerated. This was no news to me: I had made the statement often to my friends, which I found to agree with your decision. You also said my lungs were in a healing state. I now acknowledge my doubts at that time, but have since found you correct.

In October last I was elected to the office of Recorder of Portage county. My political opponents said that writing would kill me, and some of my friends even feared it might prove true. I have now been in the office, writing from four to eight deeds per day, for four months, my health improving all the while. The secret of this is, you, sir, have learned me how to take care of my health. I am often asked, "Do you expect to be restored to perfect health?" I answer all

such, "I never enjoyed perfect health; I have now almost gone through the winter without any serious attack of the lungs, and by care I hope yet to live to the common age of man." Dr. Earl, of Franklin, not long since said to me, "Sir, you are almost a miracle in the history of disease." Others have expressed themselves in the same manner. In conclusion, I will say, no man feels a deeper interest in consumptives than myself. To all such I honestly and conscientiously would say, "Try Dr. Fitch's remedies—try them faithfully: do not say you cannot follow his directions; but follow them perseveringly, and through the blessing of God you may yet live, who would otherwise sink into an early grave."

In publishing the above statement I believe I am doing my duty to an afflicted public, and to you, kind sir, as a benefactor; and it shall ever be my prayer that peace, prosperity, and long life may be yours.

With sincere regard, I remain yours truly,

RODOLPHUS BARD.

[Mr. Bard's present address is "Brimfield, Portage County, Ohio." He is at this time (1857) in good health. Can any doubt remain that in this case true-seated Consumption had been permanently cured?]

STILL ANOTHER CASE OF CONSUMPTION CURED.

CASE IV.—*Letter from Miss Jane Gray, of Brooklyn, N. Y.*

No. 6 PRINCE-STREET, BROOKLYN, N. Y., Sept. 9, 1856.

DR. S. S. FITCH: Dear Sir,—I feel that I owe a debt of gratitude to you for the health I now enjoy, which I ought sooner to have acknowledged. In 1850, when I applied to you, I was not expected to live. I had had a bad cough some two years, and for several months had not been able to leave my room. My physician told me my lungs were seriously affected, and that he could do nothing for me. I was very much emaciated, had bled several times from the lungs, suffered much pain in the chest and under the shoulders, had fever and chills daily, and most profuse night-sweats. My strength was so far gone that I could not walk across the floor without two persons supporting me. I expectorated profusely, and suffered great distress for breath. This had been my condition for over eleven months, and constantly sinking. I was lifted into an easy carriage when I visited you. I had no hope at all myself, nor had my friends, that I could possibly survive long, for I had all the symptoms of true consumption far advanced. You encouraged me to hope, and I now have reason to be thankful that I was induced to put myself under your treatment. I made rapid improvement after the first week or ten days, and in five weeks I was able to walk a block. This improvement steadily continued, until at the expiration of about a year my health was quite recovered, and I have since remained well. It is now perfectly good, and my lungs are strong and sound. I feel that under a kind Providence I owe my life and my present good health to you. If there are any who need the aid which I received, and doubt the truth of these statements, for the sake of the suffering I will cheerfully reply to their inquiries. With most heartfelt thanks for the benefit I have received, I am respectfully yours,

MISS JANE GRAY.

HEART DISEASE CURED.

CASE V.—*Letter from Mrs. M. H. Valentine, of Brooklyn.*

SOUTH BROOKLYN, July 16, 1856.

DEAR DR. FITCH,—You to whom I owe so much of my health and happiness, words can but feebly express my feelings, yet I cannot refrain from addressing you, to assure you what my gratitude must be in future.

About six months previous to the date at which I commence this letter, I was

severely afflicted with what I supposed to be disease of the heart. I had tried every thing I could hear of, together with the advice of one of the best physicians in the city, until I was satisfied I had done much to my injury to obtain a temporary relief. In this state of suffering I came to you for advice, which you gave with such calm confidence, it encouraged me, and sustained me, or, rather, seemed to quiet me, for in my weak and highly excitable state, the barest possibility of relief acted as a stimulant, and seemed to arouse every nerve within me. I willingly submitted myself to your treatment, and soon experienced its magic effects. I can truly say I have not enjoyed such uninterrupted health for many years. In skill and science I am sure you have no equal. I have read your book of Lectures with peculiar pleasure, which I recommend most cordially, and particularly admire the liberal and generous tone, so free from any thing like professional exclusiveness. I have endeavored to be as brief as possible. Permit me, therefore, to hope you will have health and happiness, beyond the reach of want, for the rest of your life, to compensate you for your benevolence and energy so freely spent in the public service.

Yours, truly and sincerely,

MRS. M. H. VALENTINE.

[This lady, when she came to me, was not expected to live three months.]

A CRITICAL CASE OF LUNG DISEASE, WITH BAD BLEEDING, CURED.

CASE VI.—*Letter from W. A. Hillyer, Esq., of New York City.*

NEW YORK CITY, November 15, 1854.

DR. S. S. FITCH :

Dear Sir,—When a man feels that he owes his life to another, time only increases his admiration and strengthens his gratitude. This is the feeling I have towards you. In April, 1852, I was attacked with repeated and violent hemorrhages from my lungs, accompanied with much cough, soreness of the throat, &c. I also experienced great tightness and shrinking of my chest, short breathing, and nearly all of the most alarming symptoms of consumption. My nearest friends viewed my case as exceedingly critical and dangerous. I applied at once to you, without endangering myself by any other advice. The result was a perfect and permanent cure. Your medicines, mechanical remedies, and inhalation, without reducing me, or disturbing in any manner my appetite, or even interrupting my professional employment, and without any shock or violence, gently led me back to health. I have witnessed many other cases of consumption cured by you. In your hands medicine seems one of the exact sciences. In the whole course of my life I have never met a physician whose prescriptions and medicines seem so unerringly certain to cure. I most cheerfully give you leave to use my name, and refer any person to me who may wish further information.

Believe me ever yours.

W. A. HILLYER,
Attorney at Law, No. 27 William-st., N. Y., house No. 69 }
Nassau-st., Brooklyn. }

THROAT DISEASE, WITH LOSS OF VOICE FOR TWENTY-FIVE YEARS, PERFECTLY CURED.

CASE VII.—*Letter from Mrs. Lucretia Louis, of Jeffersonville, Ind.*

JEFFERSONVILLE, INDIANA, Oct. 22, 1854.

DR. FITCH :

Dear Sir.—Permit me at this time to address a few lines to you, although it has never been my privilege to see you. Is it strange that I feel great respect for one who has been the means, in the hands of God, of relieving me of such bodily

infirmities? In the year 1826 my health and strength began to fail. My complaint was general debility and a derangement of the nervous system. I was doctored by several physicians, but they made my case worse instead of better. In 1828 I began to lose my voice, but with great exertion continued to speak a little for the space of six months, when I became entirely speechless. Such a case (the doctors said) was never known, and what to do they knew not. They finally resorted to calomel, and made a cripple of me for the space of four years. My sufferings while in that condition I will not attempt to describe. I obtained temporary relief; but found no cure for all my maladies until I applied to you, by letter, for advice, last spring. I was then speechless, and coughing almost incessantly day and night, with short breathing and pain in the left shoulder. I commenced using your remedies and following strictly your advice, and was soon relieved of my cough. Your medicines, with the cold salt-water bath, appeared to regulate and strengthen the system; and the result is—my voice is perfectly restored, and I am entirely free from bad feelings which had never left me for one hour in the last twenty-six years. You have done for me what a number of physicians in five different States had tried to do, but failed of success: their skill was baffled. I have lived a mute for more than twenty-five years, but for the last two months have been able to talk and sing, like I was wont to do in the days of my youth. My health is good. I have nothing to complain of but a broken constitution. Accept my thanks, and ever believe me,

Very truly yours,
MRS. LUCRETIA LOUIS.

DISTRESSING PALPITATION OF THE HEART CURED.

CASE VIII.—*Letter from Mrs. S. Lock, of Michigan.*

SANILAO Co., WONICOT P. O., MICHIGAN NORTH, Feb. 8, 1857.

DR. S. S. FITCH:

Dear Sir,—I do really desire that every one of the thousands who are suffering from disease of the heart, may be made acquainted with the fact that you can cure it. About nine months ago I applied to you, after having read your lectures, by letter, with a disease of the heart, which had been pronounced incurable by the best physicians in this part of the State. I have been severely afflicted, for the last five years, with the most distressing palpitation of the heart, with terrible pain in the side and chest at times. I had turns of fainting, when the heart would beat for a time most violently, and then cease altogether for a while; after which I would be entirely helpless. Two years ago I was so near gone, that for about three months I was almost daily expected to depart this life. I had given up all hopes of ever recovering again to a state of health, when I was induced to apply to you. I received your medicines about seven months ago, and, after taking them according to your directions, I have been restored to quite good health, for which I feel very thankful to you and a kind Providence, and I hope that your days on earth may be many and happy; and if I should never have the pleasure of seeing you on earth, I hope to meet you in heaven, where sickness, pain, and death are felt and feared no more.

Truly yours,
MRS. S. LOCK.

P. S.—I was very badly bloated around the chest, and in twelve weeks I shrunk twelve inches. You are at liberty to make such use as you please of this letter.

DR. S. S. FITCH, 714 Broadway, New York:

Dear Sir,—After my best respects to you, &c., &c., I hereby certify that I am personally acquainted with Mrs. Lock. She lives in sight of my door. She had your medicine of me. It has had the desired effect of restoring her to health. I therefore testify to the truth of the within written.

Yours, respectfully,
REV. ABRAHAM SLOAT.

VALUE OF CORRECT TREATMENT.

CASE IX.—*Letter from Rev. Phineas Camp.*

WHITESTOWN, ONEIDA Co., N. Y., November, 1, 1854.

DR. S. S. FITCH :

Dear Sir,—With gratitude I acknowledge the receipt of your "Six Lectures." * * * The acknowledged cure of consumption in the case of an acquaintance of mine in Trenton, a few miles distant from here, by your remedies, led me to apply for the Lectures. I also heard a brother minister, who officiates in a neighboring town, say, on seeing your book in my hands, "That book saved me from consumption." * * * I have recommended persons to you, and shall gratefully do so in future—wishing and praying for your still greater success in future. * * *

Yours, truly,

PHINEAS CAMP.

A BROKEN CONSTITUTION BUILT UP.

CASE XI.—*Letter from Mrs. Annie P. Davis, of Berlin Centre, Ohio.*

BERLIN CENTRE, MAHONING Co., OHIO, January 16, 1857.

DR. S. S. FITCH :

Sir,—Having been desirous for a great while to express my gratitude to my greatest earthly benefactor for the great benefit I have derived from his medical skill and remedies, I take the present opportunity of doing so. But language would fail to express adequately my gratitude to you. I was a miserable invalid for two years previous to consulting you; mental and physical powers a perfect wreck; suffered much, enjoyed but little; every thing tired me; could converse but little; reading tired me; listening and conversation tired me;—in fact, I was tired of myself. When in health, I enjoyed a constant flow of spirits: (what a contrast!) Health gone, I had ceased to interest any one, and often felt that for me it were better to depart; yet there were ties to hold me to earth. I had two daughters that needed a mother's counsel. I remembered that I was left motherless at the age of three years, and had experienced an orphan's bitterness. When I remembered these things I felt a clinging to earth.

I was advised by a friend to consult you, and finally prevailed on my husband to lay my case before you; which I presume seemed like a waste of words and material to him, for rumor said I must soon die. I had been constantly treated for two years for lung affection or dropsy, or something else; but the relief afforded from the use of anodynes was of short duration, and seemed to greatly excite the nervous system.

And when we received an answer from you, in which you stated that you hoped to be the means under God of my recovery, I felt to thank God and take courage; for they that put their trust in God shall be blessed in their deeds.

Your medicines were received in good time, and were taken according to directions (taking at first the smallest doses marked on the bottle), with a daily sponge-bath; and am happy to state to you that I have attained all you promised—comfortable health—but not enduring strength. Where there was a general debility of the system, there is now a general tendency to health. The effects of your different remedies seem in perfect harmony with the system. There is no tearing down to build up, but under their influence the general strength is revived and the enfeebled body restored to health. I am almost a wonder to myself and friends. No one that saw me while an invalid thought I could live very long; but, thanks to the Author of all good and your skilful treatment, I can oversee my household affairs, enjoy society, ride on horseback, and walk short distances. Your mechanical treatment constantly answers every purpose for which it was intended.

Yours with great respect,

ANNIE P. DAVIS.

BRONCHITIS TENDING TO CONSUMPTION CURED.

CASE XIII.—*Letter from Mr. J. E. Baker.*

MT. ZION, N. J., January 12, 1856.

DR. S. S. FITCH :

Dear Sir,—You have wondered undoubtedly what has become of your patient, No. 4030, for it is a long time since I have written. My last letter was not answered, and I therefore delayed writing until now. After a long time, some five weeks, I received your medicines, and began to take them. I improved rapidly, even though I was very irregular in the administration of the remedies. From the first of September last I have been quite well, and have labored excessively—preaching twice on Sabbath, and lecturing three or four evenings during the week. I shall always feel indebted to you for the good I have received from your counsel, and shall, as soon as opportunity offers, reward you materially for your services. This I send, informing you that you are not forgotten by

Your friend and well-wisher,

J. E. BAKER.

A TERRIBLE COMPLICATION OF DISEASES.

CASE XIV.—*Letter from Mr. Thomas Briggs, of Erin, C. W.*

ERIN, WELLINGTON CO., C. W., August 18, 1855.

DR. S. S. FITCH :

Dear Sir,—I take this opportunity to address you a few lines, expressive of the satisfaction I experienced in regard to your treatment of my case. As you may remember, I first applied to you about the 28th of August, 1854. I had been previously afflicted in the summer season for eight years, as I was exposed to two very severe storms on the 20th of June, 1846. From that time up to the time I consulted you by letter, I had taken several different kinds of medicines, some of which afforded temporary relief. I was afflicted in the manner following, viz.—with a sharp, sometimes excruciating, pain about the kidneys and hips, a severe pain all over the chest, shooting to between the shoulder-blades many times like a dagger, and reverting to my back; and on heavy breathing, a great feeling of soreness all over the top of my chest, with severe sneezing and great discharge of catarrh from my nose, fever in the morning, night-sweats, chills, periodical sick stomach, asthma; and, to crown all, a severe, hard, dry cough, of twenty-seven years' standing. I coughed some nights until near morning. In this condition I consulted three physicians, who said I might be cured; took all the medicines they gave me, and I getting worse all the time. At last they said all the medicines in the world would not cure me. In this forlorn condition I was given up to linger and die. However, just at this time your Almanac was put into my hands, and I read and believed there was help for me yet. This was the first time your name was heard by me. When I wrote you, you said you thought I might be fully restored to health. I commenced using your remedies and medicines on the 6th of October, and in about one week I began to feel somewhat better; and as I had not been able to labor since the 24th of May, 1854, and kept gaining in strength, about the 1st of December I began to do light work; and now I can bless God that I am once more able to resume my daily labor, and have done so since December last; and I can now say that I enjoy good health, dear sir, through God; you have been the instrument in God's hands. I still use the tubes, braces, and supporters, of which I feel I would never be without. Accept my kindest love and respect.

Yours, with much regard,

THOMAS BRIGGS.

TENDENCY TO CONSUMPTION ARRESTED.

CASE XV.—*Letter from Miss O. N. Follansbee.*

GRAFTON, GRAFTON CO., N. H., December 31, 1855.

DR. S. S. FITCH :

Dear Sir,—When I applied to you in 1852, I was suffering from a severe cough, and all thought I was fast hastening to fill a consumptive's grave; and it may be that I shall yet, but not so soon as all then anticipated, for at the present time I am in the enjoyment of good health, without any indication of a disease on the lungs; and to you, instead of dame Nature, would I award the tribute of praise of my present state of health, for I had trusted to her, and daily grew worse, until your "Lectures upon Diseases of the Lungs" accidentally fell into my hands. They inspired me with so much confidence that I immediately applied to you; and you will please accept my warmest thanks for your advice.

Truly yours,

MISS O. H. FOLLANSBEE.

AN INTERESTING CASE.

CASE XVI.—*Letter from Mrs. T. E. Cudwell, of Saratoga county, N. Y.*

MOREAU STATION, SARATOGA CO., N. Y., October 11, 1856.

DR. S. S. FITCH :

Dear Sir,—I desire to give a history of my case. I am under your treatment. It is now nearly a year since I first saw you in your office on Broadway, and my condition was then a most pitiable one, for I was obliged to be carried about like a child, being entirely unable to walk, and able to ride only with great pain and weariness. After an examination of my lungs you pronounced them in a state of ulceration, as I had raised blood, coughed, had chills, fever, and sweating, with pains about the chest, side, and shoulder-blades. I also had spinal disease of nearly five years' standing—my spine being so badly curved, and being so weak, painful, and numb, that I had walked but a few steps for the previous eight months, and had been many weeks of that time unable to turn over in bed. I had a tumor in my left side, or rather inside the hip-bone, which you pronounced an ovarian tumor. You said you thought no medicine would reach that, as it had been growing for more than eighteen months—that you feared it might cause my death. In fact, you gave me but little encouragement, for you said my recovery depended much upon the tumor, which was the most critical of my many diseases.

I had doctored much, having employed five physicians in six years, taken *cod-liver oil* all one summer, when given up by my attending physician; worn Dr. —'s Galvanic Belt, and used his Magnetic Fluid, and all without permanent relief. For three springs before I saw you, I was brought upon my bed with lung disease and weakness (having also most terrible female weakness), and have been given up by my friends. I lost all hope of being any better; and when I went to you it was without much faith, and I resolved if your remedies did not help me, I would never take medicine again or consult another physician. You gave me an abdominal supporter, and also shoulder-braces, with a box of medicines with directions for use, which I commenced using; also bathing in tepid water every morning. In a few weeks I became a little stronger, and was at length enabled to walk across my room alone, though I do not believe I should have ever walked again had it not been for your supporter, which seemed of more value than any medicine. Since adopting your braces my chest has enlarged three inches. I take deep, full breaths, do not cough but very little, do not raise such very bad matter as formerly, nor so much of it; *my tumor has entirely disappeared*, and my back is much stronger than I had ever thought it could be, as I

have walked a quarter of a mile nearly every day this summer by stopping to rest frequently, and could ride three or four miles without very great fatigue. There is no doubt but that your medicines have done all this for me, under God's blessing, and I cannot but thank Him for directing me to you, to whom I offer the most heartfelt gratitude. Your remedies have done so much, it really seems as though they would ultimately cure me, which perhaps they will yet do, though my health is now equal to my former most sanguine hopes.

You are at liberty to use any or all of the above for the benefit of those similarly affected. I believe I am a *walking advertisement* of the efficacy of your medicines; and people who saw me before I came under your treatment, ask, "Have you used no medicine but Dr. Fitch's?" and as the invariable answer is "No," the remark follows, "Well, I did not suppose you would or could live till this time."

Yours, respectfully,

MRS. T. E. CADWELL.

A BAD CASE OF HEART DISEASE CURED.

CASE XVII.—*Letter from A. H. W. Vansiclen, Esq.*

NEW LOTS, LONG ISLAND, N. Y., February 23, 1855.

DR. S. S. FITCH:

Dear Sir,—Having suffered exceedingly from that prevalent and truly alarming complaint, disease of the heart, I find words inadequate to express my gratitude for the benefit I have derived from your valuable remedies. As a trifling remuneration for your benevolence and unceasing exertions so freely spent in my behalf, as well as a duty to an afflicted community, I hereby make a public acknowledgment of the facts of my case, knowing of no better method of accomplishing my wishes or desires; and by doing so, can merely add another link to the long chain of testimony already produced in your favor for the treatment of chronic affections. If, however, by this brief communication, I should aid or alleviate suffering humanity, and cast a gleam of hope to those similarly afflicted, I shall not entirely fail of the object at which I aim. For years has this disease, with a complication of others, been making its fearful ravages upon my system, and picturing to me time after time (the only encouragement or consolation to be derived from a vast majority of the medical faculty) that of death in one or another of its forms. I have been so reduced or debilitated as to be confined to the house for months at a time, and frequently to my bed. I have been under the treatment of various physicians, all of whom arrived at nearly the same conclusion, and left me, with the most terrible forebodings, to my fate. At present I am better than I have been for years, and every thing seems to indicate a steady course of improvement, so that I am led to believe that, with the blessing of God, I may yet walk the rosy path of life, so long to me unknown. To those that are suffering with this fearful malady, without being able to obtain relief, I would say, submit to the treatment of Dr. Fitch, and you will soon be convinced of the superiority and efficacy of his practice. It nevertheless requires unceasing care and good judgment on the part of the patient, and a strict compliance with his counsel or advice.

And now, as I sincerely believe that you have been the instrument, through a kind Providence, of restoring me to my present comfortable condition, permit me, therefore, to hope that you may have health and happiness beyond the average period allotted to man on earth, and that you may benefit many a depending sufferer as greatly as you have me.

I will close with my ardent wishes for your welfare and prosperity.

Respectfully yours,

A. H. W. VANSICLEN.

[September 1, 1857, is very well.]

VALUABLE TESTIMONY.

CASE XVIII.—*Letter from John Gordon, Esq., of Ottawa, C. E.*

AYLMER, OTTAWA, C. E., October 20th, 1856.

DR. S. S. FITCH :

Dear Sir,—Two years ago I called on you as the bearer of a letter, stating the case of Mrs. Mary Gordon, the wife of my brother, who was then a very distressed and helpless invalid. She had some two months previously been severely sick with a violent attack of erysipelas, which had confined her to the bed for some weeks, and which left her much diseased. She was confined to her house, and could not walk across the floor without assistance. Her whole system seemed to be poisoned. She had great distress, dizziness, and a sense of fullness in the head, pain in the chest and sides—between the shoulders and under the shoulder-blades, with a distressing sinking feeling at the pit of the stomach, with cold chills running down the back and limbs. She had had falling of the womb for seventeen years, which was constantly growing worse. The pain in her head was agonizing, and she and her friends feared at times it would drive her crazy. She availed herself of all the medical advantages which this part of the country affords, but without relief. You prescribed for her and sent her remedies, abdominal supporter and braces, with medicines. They have cured her; she is completely restored to her health, and can now walk twenty miles, if need be. Her case has been considered very remarkable by our neighborhood, and has secured the gratitude of herself, her husband, and friends. Your success in this case has induced many invalids in the vicinity to apply to you with various complaints, and almost uniformly they have been helped. Some of your cures in these cases have been wonderful. I cannot do less than recommend the sick everywhere to avail themselves of your admirable treatment, confident as I am that it is best adapted of any that is practised to restore the invalid to health. Among those who have used your remedies with benefit I may mention Miss Kellogg, whose left lung her doctor here said was gone: she is well; also Mrs. Chamberline and Mr. James Reid. Mr. Reid was far gone in consumption, and is now very much improved. I could name others, but forbear.

Trusting that your remedies may be as effective in curing others,

I am respectfully yours,

JOHN GORDON, High Constable,
District of Ottawa, C. E.

DISEASED THROAT AND LUNGS CURED.

CASE XIX.—*Letter from R. F. Nelles, Esq., of Galt, C. W.*

CUSTOMS, GALT, C. W., October 20, 1856.

DR. S. S. FITCH :

My dear Sir,—I only received yours of the 4th instant yesterday, and have much pleasure in testifying to the benefit I derived from your medicine and advice.

In June of last year I called upon you for advice, having been previously pronounced incurable by many eminent physicians in Canada. After an examination, you told me that you could cure me in two months. I then called on Dr. — of your city, who examined me, but told me the very reverse from what you said—that nothing could save me from an early grave. He said that he might be able to relieve me a little, but said he could give me no encouragement—that my case was hopeless.

After a night's reflection I made up my mind to place myself in your care, but with scarcely a hope that you could cure me. All I have to say is this, that your words in my case have been verified. I was in a very weak state when I went to you; given up by several physicians—amongst the rest, Dr. H——. I took your medicine, followed your advice, and am now, thank God, as strong and healthy as ever.

I attribute my recovery, under God's blessing, to your agency.

I sent you a patient last spring from Grimsby, C. W.—a Mr. Pettit, who is improving slowly; and I shall, whenever I find any one afflicted as I was, use every endeavor to send them to you.

Mrs. Munro is much obliged for your kindness to her when in New York. She has returned with her son-in-law; but, poor fellow, he is very low.

If I can at any time further your interests, I will willingly do so.

With most sincere respect,

I remain yours faithfully,

R. F. NELLES.

[When Mr. Nelles called on me, I found his lungs in a very bad state. His disease was at the commencement *bronchitis*, but it had been badly treated, and had crept down upon the lungs, establishing serious disorder there. There were ulceration of the throat, chronic inflammation of the bronchi, and tuberculation of the right lung. He has entirely recovered.]

COUGH, RAISING BLOOD, PALPITATION OF THE HEART, ETC., CURED.

CASE XX.—*Letter from Mrs. Ann A. Cole, of West Derby, Vt.*

WEST DERBY, Vt., October 9, 1856.

DR. S. S. FITCH:

Dear Sir,—In May, 1853, I applied to you as an invalid, after an illness of three or four years, without aid from any one, although I had employed good physicians. I had a very bad cough, of several years' standing, commencing when I had measles. I had raised blood many times, and much of it, with distress at the stomach, and also a burning in my chest as if heated by a furnace; much headache, almost incessant palpitation of my heart, and of course a full measure of alarm to my family. I had great pain about my chest, sides, and back, with excessive costiveness. At this time, when all despaired of my recovery, I wrote to you. The result of your medical treatment was a full restoration to health. And now, when free from cold, I enjoy excellent health. My recovery is considered almost a miracle among my acquaintances. Please accept my best thanks.

Respectfully yours,

ANN A. COLE.

TERRIBLE EFFECTS OF HUMOR ON THE LUNGS.

CASE XXI.—*Letter from Rev. H. C. Longyear, Esq., of Phœnicia, N. Y.*

PHœNICIA, ULSTER Co., N. Y., February 9, 1857.

DR. S. S. FITCH:

Dear Sir,—With pleasure I pen these lines to inform you of the result of my application to you for medical aid, at a time when I was fearful that consumption would soon end my earthly career.

From my infancy to the age of twenty-two years, I was the subject of repeated attacks of inflammation of the lungs, a seated cough, and profuse expectoration. Finally, I may say that I was almost always sick; to say the least, my health was so delicate that I was not able to do much at school nor on the farm, for every little cold or over-exertion would bring on cold chills, a stoppage of expectoration, and finally a burning fever.

In the month of June, 1848, I was brought very low by an attack of pleurisy and inflammation of the lungs, and was attended by a physician of the regular allopathic school, who, I suppose, treated me according to the usual manner, until I got up from my bed. But still I remained quite feeble for more than two months. I was troubled with pain in my side, shortness of breath, and a sinking, all-gone feeling at the lower part of my chest. From time to time I inquired of my physician whether he could not give me something to strengthen me. At this period I was advised by the Rev. A. L. Freeman (then a student at Madison Uni-

versity) to read your Lectures, which I did as soon as I could procure them. Upon reading your views of consumption and diseases of the lungs, my almost expiring hope revived. I visited you at your residence in New York, in October, 1848. You examined me, and said you did not think I had consumption, but (if I remember right) a humor on the air-passages of the lungs. You told me you thought I would soon get along, with the faithful application of your remedies.

I commenced about the 15th of October, and in about a month or a month and a half I enjoyed better health than I ever had before; and the following winter I was able to be out in the severest cold weather with men of the strongest constitutions. This was contrary to your orders; for you told me when I felt better to be very careful until I was sure I was sound; but contrary to this, I was very careless and exposed myself very much. It was the opinion of my wife and myself, that if I had followed your orders I should have been cured of my long standing cough before spring. I have enjoyed quite comfortable health ever since—so much better than I did before, that I know that I cannot be grateful enough to God for the bestowal of health to such a good degree. For the past five years I have been trying to preach the everlasting gospel, and have often exercised my lungs very much, and find them still as strong, if not stronger, than they were six years ago. Finally, I have the strongest confidence in your ability to treat all kinds of chronic diseases with success.

Praying that the Lord may grant you a long life of usefulness and a happy death, with an abundant entrance into the kingdom of glory,

I remain your friend and brother in the Lord,

H. C. LONGYEAR.

A TRUE CASE OF CONSUMPTION CURED.

CASE XXII.—*Letter from A. H. Rock, Esq., of Winton, Iowa.*

WINTON, BENTON CO., IOWA, March 7th, 1856.

DR. S. S. FITCH :

Dear Sir,—I desire to make a public acknowledgment of the very great benefit I have derived from your remedies, advice, and treatment. I first applied to you in December, 1853. I had then been out of health some two years, and seriously ill from the September preceding. During December and January I coughed almost incessantly. I suppose consumption is hereditary in my family—having lost one sister from it; my mother died of heart disease, and her mother of bronchitis. I have been since a boy by no means robust—never capable of enduring much hardship, and somewhat delicate in frame and constitution.

In September, 1853, I took a severe cold, which settled in the throat and lungs. I had been subject to cough more or less for four or five years previously. Now the cough was terrible, and no means that I employed seemed to even palliate it. It was attended by copious expectoration of a thick, yellow matter, and I suffered considerable pain about the chest, sides, &c. I lost my voice entirely in December—not being able to speak above a whisper—and did not recover it until after the use of your remedies. I had a hectic fever daily, and exhausting night-sweats. My strength and flesh rapidly left me. I was soon reduced to a mere skeleton, and was unable to walk across the floor without assistance. My family physician gave me up; and he and some five or six others in our place said I could not live longer than spring. My friends supposed these physicians were correct, and also gave up all hopes of my recovery. They all pronounced me in true consumption, and the disease far advanced.

Such was my condition when, on the recommendation of a gentleman here who had been cured by you, I applied by letter for your opinion and remedies. Your reply was that my case was a bad one, but you hoped you could help me. You sent me your mechanical and medical remedies, and their effect was wonderful. Within two weeks from the time of commencing their use, I began to amend. My cough gradually decreased; I began to gain strength and flesh; I recovered my voice; and from the condition I have described I have steadily come up until my health has become well established. My friends are astonished at my recovery. But what is singular, our physicians are so illiberal as not to acknowledge

that your remedies have been the means of my recovery. This astonishes me, as they know that I was steadily sinking and getting worse, in what they themselves pronounced true consumption, until I commenced your treatment: that since I have been under it I have as steadily recovered, being now restored to health, and that I have used no remedies but yours. It does seem to be as irrational as it is illiberal to deny the restoring, healing power of your remedies in my case. I *know* they have cured me, and so do our physicians; but they have not the manliness to acknowledge it. From the spirit they show, I really think they would have preferred to see me die under their hands than be cured under yours.

You may be sure I feel very grateful for what you have done for me. My case certainly proves the remarkable efficacy of your treatment. Let me add that my lungs seem entirely restored and healed; but the left lung is much smaller than the right, showing it to have been the seat of very serious disease.

You are at liberty to make such use as you please of this letter.

Yours respectfully,
A. H. ROCK.

CONSUMPTION, WITH TERRIBLE BLEEDING, CURED.

CASE XXIII.—*Letter from Mrs. Gertrude D. L. Montanye, of Shandakin, N. Y.*

SHANDAKIN, ULSTER Co., N. Y., January 29th, 1857.

DR. S. S. FITCH:

Sir,—Two years ago last month I was attacked with hemorrhage of the lungs, and raised from three to four quarts of fresh blood in one week, which prostrated me so that I was obliged to be lifted out and in my bed. Under the care of a neighboring physician I recovered so as to be able to be up and around during the winter, but was unable to do any thing worth mentioning, and continued to spit a little blood, accompanied with a great deal of pain in my side and a severe cough. In the spring I had another severe attack, which again brought me down to my bed. I applied to various physicians—all of whom afforded me only temporary relief. I was then recommended by the Rev. H. C. Longyear to write to you and procure your remedies—he having previously derived benefit from your treatment—and which I was at length induced to do, but not before I had again had an attack of it in the fall. On receiving my letter stating my case to you, you immediately forwarded your medicines, together with your other remedies, which I received in January (that is one year ago this month), and which I immediately commenced using. My health gradually improved under your treatment, though I had a slight attack of hemorrhage in the spring; but that I think came from overdoing myself. Since then I have been slowly improving, and am now enjoying better health than I or my friends ever thought I would again. If this simple statement of my case and the benefit derived, by the blessing of God, from your treatment, will be of any service to you, or induce others to put themselves under your treatment, I shall be very glad.

Yours respectfully,
GERTRUDE D. L. MONTANYE.

P. S. You are at liberty to arrange these facts to your own taste; and, indeed, if you publish them, I should be glad to have you do so.

Yours, G. D. L. M.

TRUE HEREDITARY CONSUMPTION CURED.

CASE XXIV.—*Letter from Mr. Geo. C. Ball, of Michigan City, Mich.*

MICHIGAN CITY, November 7th, 1856.

DR. S. S. FITCH:

Dear Doctor,—It is with pleasure that I assume the present opportunity of addressing you respecting my health at the present time. One year ago from this

date I went to see you at 714 Broadway, New York, in a very feeble state of health—feeling weak and trembling all over, pain around and between the shoulders, in the left breast, very difficult breathing, the air did not enter freely in the left lung, and feeling, when breathing damp air, a heavy, clogged sensation in the throat and at the junction of the pulmonary tubes with the trachea—having suffocating feelings when breathing hot or rarefied air, and often being waked up nights by smothering feelings; night-sweats, dyspepsia, bleeding lungs, irregular pulsation, catarrh, weak back, rush of blood to the head, and the spermatorrhœa for one year—its cause for five, with three years leading to the cause. In fact, my whole system was completely out of order—every organ was either enfeebled or diseased, and it had been working on me for no less than five years; and now, through a judicious and constant use of your remedies, I am enjoying fair health, and am fast progressing on to a perfect restoration of health, which awaits a faithful invalid's compliance to your prescriptions.

Let me add, that consumptives should be encouraged to persevere with their medicines, although they may not at once seem to confer benefit. When I first commenced taking your remedies and following your advice, I felt weaker than what I did previously, and continued to do so for the space of three or four weeks; then, however, my strength began to return very gradually, but was interrupted often by those depressed and trembling feelings; and in this way I continued to improve, by being a little better after those poor days than before them. Now, if I had left off your medicines at that period when I felt or experienced the greatest weakness, no doubt I would not now have been in the land of the living, for that weakness was the very critical period in which the conflict between the disease and medicines occurred; and the remedies have completely triumphed over it so far as to allow me to enjoy fair health now, and am able to take plenty of exercise without any notable fatigue. I would say to all consumptives, to follow up all Dr. Fitch's prescriptions faithfully, judiciously, and perseveringly, as it is, I believe, the only road that leads to a permanent cure of consumption. Patients are very apt to think that they ought to improve in a few days.

For myself, I will say that I had many ups and downs whilst using them, and came very nigh giving up three or four times, believing that my case was incurable. What prompted me to think that my case was incurable, was that five of our family died of this disease in five years' time. The first death occurred on the 11th of October, 1850—that of my brother: he was a strong and healthy young man. On the following 3d of August, 1851, my mother died of the same. One year from the following March 17th, the strongest and healthiest brother died. On the following June the 8th, 1853, a sister died of the same; and on the 28th of September, 1855, my father died; at which time I was fearfully attacked with the same awful disease; but by a judicious, persevering, and faithful use of your remedies, I am now, through the blessing of God, permitted again to enjoy fair health, and am still improving.

Respectfully yours,

GEO. C. BALL,
Late of Thorold, C. W.

AN INSTRUCTIVE NARRATIVE.

CASE XXV.—*Letter from Mr. Jno. Patton, of Medina, Ohio.*

MEDINA, MEDINA Co., OHIO, August 26, 1854.

DR. S. S. FITCH:

Dear Sir.—I furnish you the following statement with pleasure, as after being raised by your instrumentality from a disease of which I never expected to recover, and continuing the use of your remedies in preference to all others, my confidence in them is such that I can most cordially recommend them as being, with the Divine blessing, most likely to benefit those afflicted with pulmonary disease.

My constitution is not naturally vigorous, yet I have enjoyed moderate health until August, 1851, when I observed a degree of pain in the upper part of my lungs and throat, that affected me in speaking, and my strength appeared to be

failing. Soon a cough, at first slight, increased steadily until October 1st, when I laid aside my avocation (colportage) for a time, hoping that it would give way soon under the influence of cod-liver oil, which was thought to have been of some benefit in a case where the person ultimately died of consumption. I used it freely, but found, week succeeding week, my cough steadily increasing, and my strength as steadily declining.

After several weeks I abandoned the use of the oil, and resorted to other remedies highly recommended, but with no better effect; so that my friends, I believe, generally considered me as beyond recovery. Although in any other disease I should have resorted to a physician, I had seen so many cases of this disease baffle the most skilful physicians, that I had no hope of receiving substantial benefit from them, although the friendly suggestions of one in our vicinity afforded me relief in some respects. In February I was so reduced as to be obliged to spend most of the day in a reclining position, whilst I expectorated large quantities of thick, corrupt matter, tinged considerably with blood, and had two or three slight attacks of spitting blood. Cod-liver oil and phosphate of lime at this period checked the disease, but soon lost their effect; and my experience in the use of cod-liver oil accords fully with your views as given in your Lectures. The reading of this work was highly beneficial to me. After lingering during the summer of 1852 with the changeable and often flattering symptoms frequently experienced by others, I procured a bottle of "pulmonary balsam," and one of "heart corrector," in Medina, and derived much benefit from their use, and during the winter I entertained brighter hope. But I could obtain no more of your remedies, and spring did not confirm my hopes. Early in June an attack of bleeding so reduced me that there appeared scarcely any ground of encouragement left.

In August I concluded to apply to you by letter, as my last earthly refuge; and in October received a box of your medicines and inhaling-tube, shoulder-braces and supporter, and soon found myself steadily recovering; and during the winter my health improved so much, that last spring I offered my services to the Publication Board, for which I had labored before, hoping that riding in the open air would be conducive to my further recovery. This hope I have realized in a good degree, and have labored, with short intervals, the entire summer.

Your inhaling-tube, and supporter, and shoulder-braces I found essential, and continue their use, having but little hope of seeing consumption cured without their invaluable aid. With gratitude and respect, I ever remain

Yours, truly,
JNO. PATTON.

[The foregoing are merely specimens of letters received from my patients, in the course of a regular correspondence with them, while conducting their treatment. I cannot present a greater number without swelling this pamphlet to an inconvenient size. And if I could, it would, I think, be useless to do so; for if the plain, simple, clear, convincing facts so truthfully set forth in the above letters, do not arrest the attention and awaken the interest of the invalid reader, a "volume" of like testimony would probably be equally lost upon him.

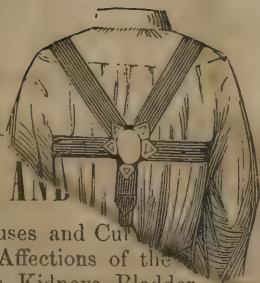
I cannot forbear once again most earnestly to urge the invalid to give the system of treatment, and the foregoing testimony in relation to it, an impartial and careful examination. Let him put to himself the inquiries, "Does not the method of cure here explained commend itself to my judgment and common sense? and if the facts stated in the above letters are really true, do they not demonstrate that in this treatment I may find relief for disease which has been incurable by all the remedies I have hitherto employed?" Recollect that it is your own health, not mine nor your physician's, which is at stake; and act accordingly.

S. S. FITCH.]

DR. S. S. FITCH

JUST

HEALTH: ITS AIDS AND





Containing an Exposition of the Causes and Cures of the
Laws of Life; and noticing the Affections of the
Heart, Liver, Stomach, Bowels, Kidneys, Bladder, &c.
Skin, Bones, Joints, Muscles, &c.

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RECIPE

FOR A MOST

BEAUTIFUL TOOTH-POWDER.

Take of powdered PERUVIAN BARK, two ounces; powdered NUTGALLS, two drams; powdered CUTTLE-FISH-BONE, four drams; powdered ORRIS ROOT, four drams; powdered CHLORIDE OF LIME, one dram, all reduced to a complete powder, and mix them perfectly; then add OIL OF BERGAMOT, OIL OF ANISE, and OIL OF PEPPERMINT, three drops of each. Sift the whole through a fine gauze sieve, so as to be perfectly mixed and powdered.

This will be found one of the best Tooth Powders in the world. While it cleanses perfectly the teeth, keeping them free from tartar and all impurities, making them beautifully white and polished, and preventing their decay, it purifies the mouth and breath, and fortifies the gums, preventing scurvy, and all irritability. It is a most perfect dentifrice.

The materials may be obtained, and the Powder put up, at any Apothecary;

FOR SALE BY

falling. Soon a cough, at first slight, increased. I laid aside my avocation (colportage) for a faithful preparation for dressing the hair, soon under the influence of cod-liver oil, and benefit in a case where the person is dandruff, imparting to it a fine gloss and a freely, but found, week succeeding invariably arrest its FALLING OFF, PREVENT strength as steadily declining.

After several weeks I abandoned ALLAY, and where the roots are not entirely destroyed, edies highly recommended A NEW GROWTH, after the hair has been lost. Before believe, generally disease I despaired of being cured of baldness, we earnestly recommend the reader to give this Tonic a faithful trial. If it is once adopted as an article of the toilet, it will never be abandoned for any other hair preparation. Price 50 cents per bottle.

CATALOGUE OF SOME OF DR. S. S. FITCH'S PREPARED REMEDIES.

Apply for them directly to him or to any respectable druggists.

† **Pulmonary Expectorant.**

† **Pulmonary Balsam.**

* **Cherry Pulmonic.**

* **Cough Curer.**

* **Indian Pectoral.**

Pulmonary Liniment.

Cough Pills.

* **Inhaling Fluid.**

Catarrh Snuff.

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Catarrh Liniment.

Anti-Mucous Mixture.

Universal Tonic.

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Diarrhœa Pills.

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Vegetable Cathartic Pills.

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* **Depurative Syrup.**

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Tonic Wash for Leucorrhœa.

Pile Ointment.

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Colic and Cholera Specific.

Female Corrective.


Tetter Ointment.

* **Uterine Catholicon.**

Vital Tonic.

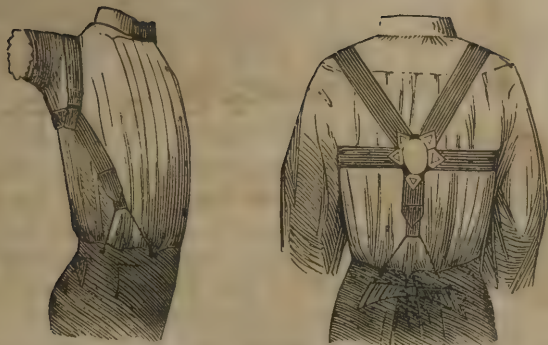
**Psoric Antidote for the cure
of Scarlet Fever.**

Those with a star [*] prefixed, are \$1 per bottle; those with a dagger [†] are in \$1 and also 50 cent bottles; the Cathartic Pills 25 cents per box; all the others are 50 cents per bottle or box.

 **CONSULTATION WITH DR. S. S. FITCH.**—All persons using our remedies are entitled to consult Dr. Fitch in relation to their complaints, free of charge. In case the medicines should in any instance fail to give the required relief, they are specially *invited* to do so. Write him a full statement of your condition and symptoms, and he will promptly reply, giving you all needed counsel and advice. Our object is to relieve suffering and cure the sick, and to enable us to secure these objects no demonstration of expense is counted a burden.

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careful
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incurable by all
your own health,
cordingly.

S. S. FITCH & CO., 714 Broadway, N. Y.



DR. S. S. FITCH'S SHOULDER BRACES.

ARE YOU INCLINED TO BE STOOP-SHOULDERED, and to have a NARROW, CONTRACTED CHEST? If so, you should at once counteract this tendency, and take measures to make your figure erect and straight, and to give yourself a broad, full chest. Beauty of person, alone, should influence you to do this, but there are stronger reasons for it. You cannot have good, robust health and strength with a stooping figure, and a narrow contracted chest. Small lungs and feebleness, in some form, always go together. Thousands of constitutions are ruined by stooping and contracting the chest. Children, while attending school, students, clerks, professional men, who write much, those who work at any employment that demands stooping, are liable to suffer in this. Children who grow rapidly are apt to stoop. In all these cases health is endangered, and the seeds of disease planted. Especially those inclined to lung disease should, as they value their lives, guard against a contracted chest.

DR. S. S. FITCH'S NEWLY-IMPROVED SUSPENDER SHOULDER BRACE, represented above, will enable any person to secure an erect person, straight shoulders, and a wide full chest. It differs from all others in use in being so arranged as to apply a continuous, gentle pressure to the shoulders, forcing them down and backward, and doing this without cutting under the arms or causing any annoyance. They act as suspenders as well as brace. Those designed for ladies and children are worn with entire comfort, are of a beautiful pattern, and act very efficiently.

PRICE, \$2. Apply to druggists, or directly to

S. S. FITCH & CO., 714 Broadway, N. Y.

DR. S. S. FITCH'S DIARRHŒA CORDIAL.

THIS will be found exceedingly efficient in all cases of Diarrhœa, particularly for summer complaints in children, and all too great relaxation of the bowels. We recommend every family to have a bottle of this Cordial at hand. They will save thereby, perhaps, fatal attacks of dysentery, and, at all events, save themselves and their children from much danger and suffering. Where there is to great a tendency to diarrhœa from teething, it is most excellent, acting kindly and efficiently.

RECIPE AND DIRECTIONS FOR CURING FEVER AND AGUE

THOSE who are so unfortunate as to have the Fever and Ague, are aware that it is difficult to find a safe, certain, and reliable cure for it. It is not indeed so difficult to "break the fits," and arrest the disease temporarily. But this is not to cure it. It is one thing to "break the fits," and another thing, as thousands are aware from a painful experience, to secure the patient against their return—in other words, to actually *cure the disease*.

Almost universally the remedies put forth as "specifics for Fever and Ague," as well as the treatment employed for it by physicians generally, are designed and adapted only to "break the fits." They do not remove the disease. The malarial poison, which causes the disease, remains in the system, and is exceedingly liable, as we all know, to bring on, sooner or later, a return of the chill and the fever. What the patient wants is a *cure*, and not a mere temporary respite from the effects of the disease. By following the directions given below, such a cure will be effected.

TO BREAK THE PAROXYSMS, OR "FITS."

Get at the Druggist's—of *Chinoidine*, six drachms, and dissolve it in one ounce of *Neutral Spirits*. To this add one ounce of *Tincture of Gelsemium*. Then take of this preparation one teaspoonful every hour for four hours. One hour before taking the first dose, drink a cup of very strong coffee, hot, with a teaspoonful of brandy in it. Commence taking this medicine eight hours before the ordinary time for the return of the chill. This will break the chill, and you will have none. This is one part of the treatment. But it is not all that is required for a *cure*. The following is essential:

TO REMOVE THE DISEASE FROM THE SYSTEM.

For two days before commencing the use of the above remedies, procure and take my "ANTI-BILIOUS MIXTURE." You may inquire for it at any respectable Druggist's. Of this Mixture take enough twice a day to *act freely* on the bowels. The dose is from a teaspoonful to two tablespoonfuls, or more. Ordinarily commence with a tablespoonful, unless the bowels should be inclined to be loose—then less is required. If constipated, use more. Secure two full and free evacuations every day, and take as much as is necessary to do so, even if it should be a wineglassful. Then continue the use of the Anti-Bilious Mixture daily during the entire treatment, and for some two weeks after the fits are broken, using it once a day at bed-time, and in sufficient doses to effect one or two free movements daily.

The above are proper doses for an adult person of ordinary strength. For younger persons and children, and those very feeble, the doses must be graduated accordingly. Recollect, that the use of this "MIXTURE" is absolutely essential to render a perfect cure certain.

Wash the whole person every morning in spirits and water, and once a week in soap and water.

You may rely upon this treatment as being certain to effect a cure. It will not fail.

Should you experience any difficulty in procuring the Medicines mentioned, or in getting them properly put up, I will prepare and send them to you, if requested to do so, together with the ANTI-BILIOUS MIXTURE. The cost of both, put up in a package, will be \$3, which must be inclosed. Application can be made by mail, and the Medicines sent by express, or they may be applied for personally. In all cases, give Name, Post-office, County, and State.

Address, S. S. FITCH, M. D., 714 BROADWAY, N. Y.

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incurable by all
your own health,
cordingly.

DR. S. S. FITCH'S

HEART CORRECTOR,

FOR THE CURE OF

PALPITATION OF THE HEART,

All irregular action—fluttering, jumping, throbbing, momentary stopping of the beating of the heart, sluggish circulation of the blood, nightmare, heavy oppressed feeling in the left breast and side, and the various forms of Heart Disease.

This beautiful remedy acts almost magically. Its effects are prompt, immediate, and most delightful. It controls and regulates the action of the heart, subdues its excited pulsations, and soothes and quiets it. If, however, the heart is weak, and circulates the blood too feebly, it gently stimulates it to action, and relieves all distressing symptoms. The HEART CORRECTOR has long been known to the public. Thousands have used it, and speak of it even with enthusiasm. Being aware how much suffering, of both mind and body there is in the community from Heart Disease, we consider it a duty to spread as widely as possible the fact that there is a safe and efficient remedy for it.

DISTRESSING PALPITATION CURED.

NANTICOKE, Helderman Co., C. W., Jan. 9th, 1853.

DR. S. S. FITCH: Dear Sir—I feel a pleasure to be able to tell you that, by the blessing of God upon your excellent Heart-Corrector, I am better than I have been for years. I have purchased one dozen bottles. I believe there is no medicine like your Heart-Corrector for a disease like mine—terrible palpitation of the heart. I feel thankful that God has put relief within my reach. I would not like to be without it. Your kindness to me, dear sir, will not soon be forgotten. * * *

Respectfully yours,

SUSAN WEDRICK.

PALPITATION, COMPLICATED WITH OTHER DISORDERS.

ANDOVER CENTRE, N. H., March 6th, 1854.

DR. S. S. FITCH: Dear Sir—It has been about five months since I visited you at your office in New York city. My situation at that time, you know, was most distressing. I was troubled with severe palpitation of the heart of long standing. The Heart-Corrector and other medicines you gave me, have entirely cured me. I have not been so well for twenty years. I am now forty-five years old. I believe your treatment and medicine the best in the world for the diseases I had.

Yours respectfully,

D. F. LANGLEY.

A CLEAR CASE OF HEART DISEASE CURED.

No. 8 FORTY-FOURTH ST., New York, Jan. 20th, 1856.

DR. S. S. FITCH: Dear Sir—I do really desire that every one of the thousands who are suffering from disease of the heart may be made acquainted with the fact that you can cure it. One year ago I called upon you, with a disease of the heart which had been pronounced incurable by several physicians of this city. My mother had died of the same disease, and others of my relatives were affected with it. I had the most distressing palpitation of the heart, with terrible pain in the side and chest; at times I had turns of fainting, when the heart would beat for a time most violently, and then seemed to cease beating altogether, and I was completely prostrated, and nearly deprived of consciousness. You gave me two bottles of your Heart Corrector, and I took the medicine. The effect was truly astonishing. It seemed like magic; my distressing feelings were speedily relieved. In a word, the medicine cured me, and I have remained well. Let me say, too, that my aunt, Mrs. Mary Thompson, of West Haven, New Haven county, Conn., has also experienced the most marked relief from this same disease by the use of your Heart Corrector. I repeat the wish that all who need it should know the virtues of this wonderful medicine. I am satisfied that it would save hundreds of lives if it were only known as it deserved to be. Accept my warmest thanks for the renewed health you have been the means of giving me.

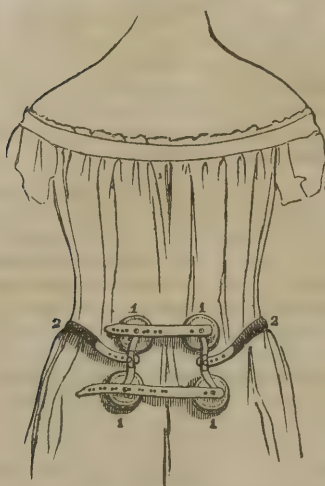
Respectfully yours,

MARY M. HURLBURT.

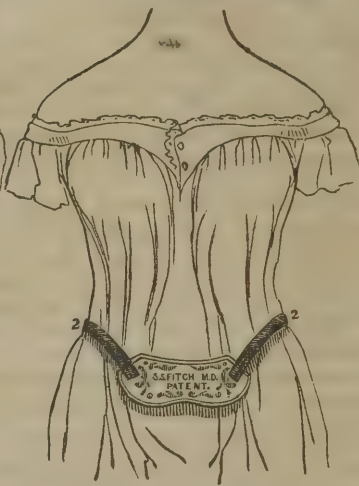
To be had of all respectable druggists, and may be applied for directly to us.

S. S. FITCH & CO., Broadway, N. Y.

DR. S. S. FITCH'S ABDOMINAL SUPPORTERS.



Back View of the Supporter.



Front View of the Supporter.

It was DR. S. S. FITCH, of 714 Broadway, N. Y., who first discovered and taught the uses and value of supporting the bowels, in a great variety of chronic diseases and weaknesses, particularly of the lungs, throat, and stomach, as well as of the bowels and uterine organs, and who perfected an instrument to effect the desired objects. The above cuts represent his supporter adjusted to the person.

There have been many imitations of it, as well as many other Supporters got up. But, on all hands it confessedly stands unrivalled, and is, in fact, the only one that should ever be used,—most others do positive injury. It is light, elastic, fits like a glove, gives the support in precisely the right direction, and may be worn while sitting, standing, walking, running, riding on horseback, dancing, or exercising in any other way, without any annoyance, and with only a delightful feeling of support.

There are thousands, both males and females, who need to wear the Supporter, but who do not know it. All who have weak lungs, a tendency to sore throat, a sinking, all-gone feeling at the pit of the stomach, a dragging, heavy sensation about the front of the chest and shoulders, inability to stand or walk without great fatigue, a dragging-down feeling about the abdomen, &c., and all females with any kind of uterine trouble will find immediate relief in the use of this Supporter.

The reputation of this Supporter is so well established that we need not trouble the reader with any testimonials of its qualities.

It may be had and fitted on application at our office, 714 Broadway, N. Y., or it may be applied for by mail and sent by express. Inquire for it also at any respectable druggists.

Persons at a distance can be fitted by sending their measure around the waist, one inch above the hips, and their height.

PRICES.—For SILVER PLATED SUPPORTER, \$8. For PLAIN SUPPORTER, \$5.

The trade supplied on liberal terms. Address

S. S. FITCH & CO.,
714 Broadway, N. Y.

careful
method
sense? and
demonstrate
incurable by all
your own health,
cordingly.

DR. S. S. FITCH'S

PULMONARY EXPECTORANT

FOR THE LUNGS.

THE PHYSICIAN who undertakes to recommend a lung medicine for general use, assumes a great responsibility. Disease of the lungs cannot be innocently trifled with. A greater crime can hardly be committed than to induce persons who are tending to consumption to waste their time in making trial of worthless medicines. A cough, or any other symptom of diseased lungs or throat, should not be neglected one hour. The RIGHT remedy is needed now. And it is in view of these facts that Dr. S. S. FITCH has put his PULMONARY EXPECTORANT in the hands of druggists for sale, and we confidently recommend it for COLDS, COUGHS, SORE THROAT, ASTHMA, CROUP, HOARSENESS, WHOOPING COUGH, and for all irritation of the lungs. We do not say that it will cure seated consumption—no single medicine can possibly do this. But from long experience in treating disease of the lungs, being familiar with the effects of all the lung preparations before the public, and having as it were *embodied his experience* in this medicine, Dr. FITCH recommends it as the best cough and lung remedy that there is for general use.

Let us say to the invalid, If you have a cough, or are liable to a cough on taking cold—or hoarseness, or sore throat, or a feeling of stricture across the chest, or short breath—or if you have a cold, or your child has the croup—or if you have that distressing complaint, the asthma, and do not wish to enter upon a full treatment for it—in all these cases you will find that this PULMONARY EXPECTORANT will give you ready relief. We don't *guess* so, but *know* it. It is a preparation designed for and used in Dr. FITCH's own practice, and not "got up to sell." He has given it to thousands of patients, and completely demonstrated its virtues. Price, \$1.

We add a few words of testimony as to its effects:

NEW YORK, Feb. 5th, 1855.

DR. S. S. FITCH: Dear Sir—I take much pleasure in stating the great benefit my little daughter has derived from the use of your invaluable Pulmonary Expectorant. She had been suffering for several months from severe cough, and being naturally a delicate child, we were apprehensive that something serious might result from it. She suffered from loss of appetite and general debility. I had tried many remedies without any beneficial result, till a friend of mine (whose child had been cured of a long and seated cough) recommended your Pulmonary Expectorant. After using it a few days, I noticed a decided change for the better, and before one bottle was consumed, she was entirely restored to health. I recommend this medicine to parents as having a wonderful effect on children; and allow me, dear sir, to present you my grateful and sincere thanks.

FRANCIS OWENS, 186 Leonard-street.

A Physician residing in Worcester, Mass., in a letter to me, dated April 19, 1856, says:

"You are aware that in our climate lung and throat affections greatly prevail. They are the most formidable enemies we have to meet. You have conferred a great favor upon the profession and their patients in providing them with a most efficient medicine for these diseases in your Pulmonary Expectorant. It seems to act with remarkable efficiency upon the pulmonary organs.

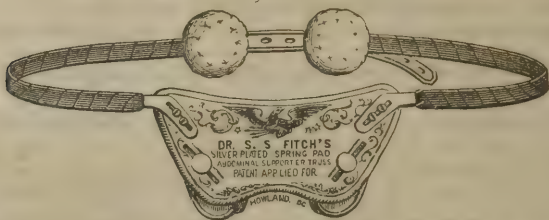
* Another Physician in Washington, Penn., says:

"My first acquaintance with your admirable preparation, Pulmonary Expectorant, was in witnessing its effects on one of your patients, a resident of this place. I am her family physician. It is a consumptive family, and I have expected to see her follow her mother and two of her brothers to the grave before this time. Some eighteen months ago she began to decline; a hacking cough set in; I prescribed the usual remedies, Cod Liver Oil, &c., but with little apparent effect. She became your patient about one year ago, and I watched with great interest the result of your treatment. The lady rapidly improved, and in three months' time the cough had disappeared, her strength revived, and she is now apparently well. Since that time I have, despite the prejudice in our profession against prepared medicines, used it largely and with very happy results in incipient Phthisis, Bronchitis, Laryngitis, Colds, Croup, &c. I have one asthmatic patient who finds more relief from it than any preparation he has ever tried."

If it cannot be procured conveniently otherwise, apply for it directly to

S. S. FITCH & CO., 714 Broadway, N. Y.

S. S. FITCH & CO'S SILVER-PLATED, COMBINATION-PAD SUPPORTER - TRUSS.



HAVING observed that all the *trusses* in use were more or less defective—many of them not *holding the rupture* perfectly, most of them causing more or less annoyance, discomfort, or positive injury, Dr. S. S. Fitch has applied himself to the perfection of an instrument which should be liable to none of these objections. The one here presented is the result of his efforts, and we are happy to announce that it is found, on trial, to completely realize the object aimed at.

A moment's examination of this instrument will convince any one that it is entirely superior to all others in use, for the following among other reasons:

1st. THE TRUSS PAD ACTS ON A NEW PRINCIPLE, GIVING AN UPWARD AS WELL AS A DIRECT PRESSURE.—If any one having a rupture will, after reducing it, apply the ends of the fingers to the *ring*, or the place where the intestine passes out, and press gently *upward* and *inward*, he will be surprised to find that not one quarter of the pressure is required to prevent the rupture coming down that is employed and absolutely necessary in the ordinary truss; and this is because, by the hand, the pressure is applied in the right direction. This instrument imitates the action of the hand in this respect, and thus dispenses with much of the violent, annoying force used in the common truss, while a much greater efficiency is secured.

2d. IT GIVES SUPPORT TO THE WHOLE ABDOMEN.—It is singular that the fact has been heretofore entirely overlooked, that in all cases of rupture the whole abdomen should be supported. By severe pressure on a small space on one side of the abdomen the bowels are pressed out of their natural position to the opposite side, rendering a great amount of force necessary to hold the rupture, tending to produce a second rupture, causing great discomfort, and injuring health. In this instrument, by a simple but beautiful combination of pads, the whole abdomen is supported, the bowels are kept perfectly in place, a second rupture is prevented, there is no annoying pressure at any point, it does not cross the back at all, and there is experienced only the most delightful feeling of support and relief.

3d. IT IS MADE TO PERFORM THE OFFICE OF BOTH TRUSS AND ABDOMINAL SUPPORTER.—Many persons, particularly females, who have rupture, need, for other reasons, to wear the abdominal supporter. With the common truss a supporter cannot be worn. This perfectly combines the two. For *double rupture* it is absolutely perfect. The pads and spring are heavily plated with silver—it is thus neat and clean, and not liable to rust and corrode. As a perfect truss it stands unrivalled and alone.

THE SILVER-PLATED COMBINATION TRUSS.—There are those who may prefer a simple truss not combined with a supporter. We have just the instrument they want, in which the same *new principle* is embraced—giving the *upward pressure*, imitating the action of the hand—having the silver-plated pads and springs, &c. It has the advantage of being less expensive than the Supporter Truss. From the many Testimonials received, we append a single one:

6 WALL-ST., N. Y., July 2, 1857.

DR. S. S. FITCH: Dear Sir—I take pleasure in saying that the Supporter Truss which I obtained of you some time since is a most perfect instrument. Before procuring it I had tried several of the most popular trusses in market, but they all occasioned more or less annoyance, and none were entirely efficient. Yours is by far, in all the essentials of a truss, very greatly superior to any I ever saw. I would recommend all who need a truss to use it.

Respectfully yours,

T. JONES, JR.

This Truss and Truss Supporter may be had and fitted at our office, 714 Broadway, N. Y., or it may be inquired for at all respectable druggists and dealers in trusses in the United States and Canada. Persons at a distance may apply by mail, and receive it by express, and can be fitted by sending the size around the person just below the hips, on a line with the rupture, and stating size, location, and character of the rupture.

PRICES.—SUPPORTER TRUSS, for double rupture, \$10; for single rupture, \$8. COMBINATION TRUSS, for double rupture, \$6; for single rupture, \$5.

Trade supplied on liberal terms. Address

S. S. FITCH & CO., 714 Broadway, N. Y.

DR. S. S. FITCH'S VEGETABLE CATHARTIC PILLS

FOR HABITUAL COSTIVENESS, WEAK BOWELS AND STOMACH, SLOW CIRCULATION, IMPURE BLOOD, PIMPLES ON THE SKIN, TOO FULL HABIT, DETERMINATION OF BLOOD TO THE HEAD, *Indigestion, Over-loaded Stomach, Disturbance of the Stomach or Bowels, from indigestible food; Palpitation of the Heart, from indigestion or wind; Torpid Liver, &c., &c.*

We have never known a person who, having once used these Pills, ever abandoned them for any other. They are, though gentle and mild, very efficient, carrying off the humors of the body, purifying the blood, correcting the stomach, giving activity to the liver, and a healthy, lively tone to the whole system.

These Pills have one great and distinguishing peculiarity—a virtue which has been long sought for in a cathartic, but has not, as we are aware, been hitherto found. There is not, probably, a single reader of these lines, if he has had occasion at any time to use cathartic medicine, who has not found by experience, that after its operation his bowels were more or less weakened for a time, indicated by subsequent costiveness. It is in the nature of cathartics to act thus. In this Pill there is combined a tonic which completely sustains the bowels and the system, while a cathartic influence is being produced. They therefore never lose their effect; never leave the bowels costive, and may be used by the most delicate person. For the diseases named, they act with complete efficiency, searching out and removing all impurities of the system, acting upon the whole alimentary canal, and restoring tone and vigor to the whole body. When once adopted they are never abandoned for any other. Read a word or two of testimony:

DR. S. S. FITCH: Dear Sir—With regard to your Cathartic Pills, I feel bound especially to say, that as a mild, pleasant, and efficient purgative, I have never found their equal, although I have used Lee's, Cook's, Brandreth's, Moffat's, and many others. It is gentle, yet sure and effectual, and for its purpose invaluable.

MOUNT VERNON, Ind., Jan. 10th.

REV. CHARLES FITCH.

DR. S. S. FITCH: Sir—Please send me six boxes of your Cathartic Pills. They have cured me of a terrible humor in the blood which for years came out on my face, and was both distressing and mortifying. I wish to keep them on hand both for myself and my family.

NEW HAVEN, CONN., July 17th, 1856.

JAMES HARG.

DR. S. S. FITCH: Dear Sir—I wish to tell you that until I began the use of your Pills I was afflicted with most obstinate costiveness. I am now most happily cured of it, so that I have seldom to resort to cathartics, and then I use nothing but your Pills. I have never seen any as good.

NEW YORK, Feb. 17th, 1855.

R. P. VANDYKE.

DR. S. S. FITCH'S LINIMENT.

There is a class of affections in which this admirable preparation gives immediate relief, such as PAIN or SORENESS IN THE SIDE, CHEST, BACK, SPINE, LIMBS, JOINTS, THROAT, STRICTURE ACROSS THE CHEST, CROUP, PLEURISY, BRONCHITIS; also, in SPRAINS, BRUISES, &c. In RHEUMATISM it is magical, almost, in its effects. No child will have the CROUP when this is used in season; and when the Croup is fully developed, it will usually relieve it if faithfully applied. Thousands of families are using it, and none who become acquainted with it, permit themselves to be without it.

TESTIMONIAL.

DR. S. S. FITCH: Dear Sir—In February I applied to you, and you gave me two bottles of your Pulmonary Liniment. It has answered me for every shape of Rheumatism for which the country is celebrated. Sometimes I feel a little touch of the Rheumatism, but your Liniment has been sufficient to eradicate it at once. I should like to have you send me a dozen bottles. There are a number of my friends who have tried it, and it always cures.

SACRAMENTO CITY, Cal., June 14, 1854.

Yours, very respectfully,

F. B. CRAGAN.

Apply for the above Pills and Liniment of the undersigned, or of any respectable druggist.

S. S. FITCH & CO., 714 Broadway, N. Y.

DR. S. S. FITCH'S ANTI-BILIOUS MIXTURE,

FOR DISORDERS OF THE STOMACH, BOWELS, LIVER, COLDS, SKIN DISEASES, ETC.

WE wish to state candidly and truthfully what this medicine will do, and not to deceive the invalid or raise expectations that will not be realized. It was prepared by Dr. S. S. FITCH for his private practice, and has been used by him many years. It is not, therefore, a nostrum put out on speculation. It has been thoroughly tested, and its exact virtues ascertained. Those who need a remedy for the diseases named may rely upon it with great confidence. We will specify particularly several of the disorders which are cured by it, if used faithfully :

1st. ALL FORMS OF BILIOUSNESS—shown in many cases by constipation, yellowness of the skin and eyes, a dull, drowsy feeling, depression of spirits, pain in the right side, or across the centre of the body, sluggish circulation of the blood, tendency to diarrhoea, &c.

2d. For DYSPEPSIA it is almost a specific. When used as directed, we have never known it fail to cure this most distressing complaint. It acts beautifully in almost all forms of indigestion, but best where the dyspepsia arises from or is complicated with any form of *biliousness*. We feel it a duty to urge the dyspeptic to make trial of it.

3d. For SICK-HEADACHE. There are thousands who suffer terribly from this peculiar affection, and probably they have been able to find no effectual relief. We do not know that this Mixture has failed to cure sick headache in one instance where it has been fairly tried, and it has been tried in a large number in Dr. F.'s own practice.

4th. It will prevent the FEVER AND AGUE, and all those diseases incident to bilious climates. It will cure the JAUNDICE.

5th. For COSTIVENESS, DIARRHOEA, SUMMER COMPLAINTS, ACID STOMACH, FLATULENCE, OPPRESSED FEELING AT THE HEART, *with bad circulation, disturbed sleep, bad dreams, &c.* SUDDEN COLDS, HUMORS, *impurities of the blood, blotches and sores on the face, hands, or elsewhere, and all skin diseases.* Many persons are inclined, in the spring or early summer, to "run down," to get "bilious, weak, debilitated," &c. This Mixture will "right them up," renovate the system, and give them vigor, strength, and sprightly health.

6th. Finally, as a FAMILY MEDICINE, to cure those many forms of poor health and more serious sickness, resulting from deranged bowels, stomach, and liver, from humors, from colds, from worms, &c., &c., it is exceedingly valuable.

We add a few words of testimony from those who have used it :

A Lady writing from New Brunswick, N. J., says :

"I have been for years a great sufferer from *sick-headache*. My mother was subject to it. Nobody knows what I have endured from it. Its attacks came on about once in three or four weeks, first with a sort of blindness and confusion in the head, followed by terrible pain, and awful sickness, vomiting, &c. It lasted sometimes two days. No medicine seemed to do me any good. I could only go to bed, and let nature take her own course. About three months ago I was recommended by a friend to take your Anti-Bilious Mixture for it, and I bless the hour that I was. It has, I believe, entirely cured me. I have had only one slight attack since, and that was more than two months since. I wish all the many who suffer from this awful complaint, could know of this medicine and use it."

CLAIRMONT, C. W., June 6, 1858.

DR. S. S. FITCH : Dear Sir—I owe you a debt of gratitude for the benefit I have received from your Anti-Bilious Mixture. I have for years been troubled with a variety of bilious difficulties, my physician always giving me mercury for them, until the liver seemed diseased; in fact, I was pronounced to have a seated Liver Complaint. You gave me your Anti-Bilious Mixture about two months ago, and now I call myself a well man. It seemed to give me at once new life. It is truly an excellent medicine.

Yours, &c., JAMES HUNTINGTON.

Apply for the Anti-Bilious Mixture directly to the undersigned, if you do not find it otherwise conveniently.

S. S. FITCH & CO., 714 Broadway, N. Y.

"SIX LECTURES" ON CONSUMPTION—ITS CAUSES AND CURE.

BY DR. S. S. FITCH, A.M., M.D.

SUBSTANTIALLY GIVEN AWAY!

In view of the terrible prevalence and fatality of that Scourge of the world, PULMONARY CONSUMPTION, and of the mistaken notions generally entertained in regard to its causes, its nature, and as to its being incurable, and also as to the proper mode of treating it, the publishers of the above work have just issued a large edition of it, for substantially gratuitous distribution. They believe they cannot more effectually aid in arresting this disease, and saving the lives of its victims.

It is a volume of 380 pages, with 30 engravings, handsomely bound in muslin, and contains, besides a full exposition of the principles upon which the author has found he can cure *Consumption, Asthma, Bronchitis, Heart Disease*, and other obstinate Chronic maladies,—complete instructions certainly and effectually to prevent these disorders. By following these instructions, health may be secured even by those hereditarily predisposed to any form of disease. There are scattered over both this country and Europe, thousands who gratefully acknowledge that they owe their lives, and the good health they have for years enjoyed, to this little volume.

HOW IT MAY BE OBTAINED.—This volume may be applied for and sent by mail,—or it may be obtained by calling at our office. The price per copy of the edition just issued is only 25 cents. The price has been 75 cents. The postage on it is 15 cents, which must be prepaid—so that, if applied for to be sent by mail, 40 cents must be inclosed. For this sum the book will be sent, and postage prepaid. Address

S. S. FITCH & CO., 714 BROADWAY, NEW YORK.

WHAT IS SAID OF THIS BOOK.

From the N. Y. Daily Tribune.

In concluding a lengthy article, the *Tribune* says—"We must stop here, for we can rarely speak at even this length of a work treating of diseases and remedies. The great importance of the subject, the general presumption that Consumption is incurable, and our confidence derived from personal knowledge and personal benefit in Dr. Fitch's suggestions, have impelled us to make an exception in this case. We trust, though we have confined our remarks to a small portion of the contents of the book before us, we have said enough to induce those afflicted or threatened with Consumption, to procure and read Dr. Fitch's book."

From the Boston Religious Trumpet.

This is truly a valuable book. It treats very lucidly on the great subject of health, and shows the insidious manner in which the most appalling diseases creep upon us, which, with a little care, might be avoided. How great a good would it accomplish, if its doctrines were written on the heart of every young person!

From John Neal, Editor of the Portland Gazette.

Mr. E. P. BURBANK: Dear Sir,—Herewith you will receive a book, by Dr. S. S. Fitch, of whom I have the highest opinion. It ought to be in every family; and every person at all subject to affections of the chest, lungs, throat, &c., ought to have it always lying within reach. I advise you to see him; cases like yours he has had hundreds of, and knows better how to deal with them than any man living.

JOHN NEAL.

DR. S. S. FITCH'S R E M E D I E S.

DR. S. S. FITCH, OF 714 BROADWAY, N. Y.,

AUTHOR OF "SIX LECTURES ON CONSUMPTION, ITS CAUSES AND CURE, AND THE LAWS OF LIFE," AND "HEALTH—ITS AIDS AND HINDRANCES,"

Is widely known as the founder of a new system of practice for CONSUMPTION, ASTHMA, BRONCHITIS, HEART DISEASE, DYSPEPSIA, LIVER COMPLAINT, SKIN DISEASES, FEMALE DISORDERS, and other Chronic Diseases, by which these affections are much more certainly curable than under the old, or ordinary, mode of treating them. He is now, and has been for a number of years, conducting this practice at his office in New York, and he has had patients in almost every town in the United States and the British Provinces. Their number now exceeds 70,000. The efficacy of these Remedies, in subduing the diseases for which they are prescribed, must therefore have been most thoroughly tested in his own practice.

After frequent and urgent solicitation from numbers of his patients, he was induced to place some of these Remedies in the hands of Druggists and others, for the benefit of those who desired to use them, but who might not find it convenient to visit him. On the following pages will be found the names of these Remedies, and a truthful and candid statement as to the diseases which some of them are designed to relieve and cure. They will not disappoint the invalid who uses them judiciously. They are all prepared by Dr. Fitch himself, and are the same as he is using in his practice, and by the agency of which he has accomplished his remarkable cures.

It should be remarked that no Remedy is here put forth as a "cure-all." Each one has a specific action on the system,—is efficacious in its action on certain diseases ;—and these diseases are honestly pointed out.

CONSULTATION WITH DR. S. S. FITCH.—Any person using his Remedies has the privilege of consulting him, without charge.

DR. S. S. FITCH'S "FRIENDLY LETTER OF COUNSEL AND ADVICE TO INVALIDS, with a Prescription and Directions for curing Fever and Ague," a pamphlet of 48 pages, containing valuable instructions to the sick, with directions for obtaining his treatment, &c., sent gratuitously, when applied for. Enclose 3-cent stamp, to prepay postage. Address,

S. S. FITCH & CO., 714 BROADWAY, NEW YORK.

CAUTION.—DR. S. S. FITCH'S Office is at 714 BROADWAY, N. Y. He has no other office, either at Buffalo, Chicago, Pittsburg, or elsewhere. Nor is there any other Physician who is authorized to use his name. His treatment can be had only by applying to himself at New York. He will not be responsible for any advice, counsel, or treatment obtained elsewhere, whether accredited by his name or not. Beware of imposition!!


"SIX LECTURES" ON CONSUMPTION—ITS CAUSES AND CURE.

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
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